Fam. Eng. 1.

PHYSICK FOR FAMILIES,

DISCOVERING

A safe Way, and ready Means,

WHEREBY

Every one at Sea or Land, may with Gods assistance be in a capacity of Curing themselves, or their Relations, in all Distempers or Extremities;

WITHOUT

Any the Hazards, Troubles, or Dangers, over usual, in all other wayes of Cure.

Prov. 9. 12.

If thou be wise, thou shalt be wise for thy self, but if thou scornest, thou alone shalt bear it.

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UMI

To the Reader.

Courteous Reader,

TO love our Neighbour as our ſelves, though it be very good, yet ſince it ſignifies to make them as happy as our ſelves: Our judgments had need be right, both as to our own, and their good: Or we may ſoon render them very miſerable, when we leaſt intend it, by perſwading them into the ſame path of ruine which (through miſtake) our ſelves would have taken for our preſervation.

And therefore, that every well-willer may be truly qualified to be a friend, nothing is more needful then to get Wiſdom, and underſtanding in all the main occaſions of this life, that ſo as our affections make us apt and ready to adviſe, our well digeſted Reaſon and Conſcience may render our Coun-

ſel always good, and profitable to thoſe we give it.

And truly if in any thing theſe are uſeful Cogitations, they muſt needs be ſo in thoſe of Phyſick; wherein as there are vaſt differences, and ſmalleſt Errours, often mortal, ſo unleſs thoſe who in times of ſickneſs are forward to perſwade, are not alſo in good meaſure able to diſtinguiſh what's ſafe and powerful, from what's hazardous, painful, and dangerous, both as to Methods, and Medicines, their friendſhip would much better be ſhewed in ſilence, than in ſpeaking, or adviſing.

Which, yet, being but cold comfort; And that to get knowledge is every ones duty, that they may be helpful in time of need. None ſhould either ſtand averſe from endeavouring, or be diſcouraged in their hopes of obtaining ſo much skill at leaſt: As in an inſtant, to make a ſafe and rational choice where the difference is ſo manifeſt; as in your ſerious reading of this Diſcourſe will plainly appear, even in this (hitherto) much obſcured Science of Phyſick.

The Scripture ſaith, a merry heart doth good like a Medicine: And if ſo, in true conſequence, ought not the Operations and Effects of kindly and real Medicines, to reſemble thoſe of a merry heart? certainly it can be no abſurdity to expect it.

Now, who knoweth not that a merry heart joyned with vertue and prudence (for ſuch only the holy Scrip-

Scriptures can intend) performeth all its good, by insensibly dispersing a most lively and benigne influence throughout the body, to the joy, contentment, and felicity of the whole man, without any the least disturbance, pain, or danger whatsoever?

And if Medicines are, or can be found, through whose friendly and powerful operations, all sadness, and sickness, may without pain or trouble be totally Expelled and Exstinguished, why should they not be known, sought after, and chearfully embraced?

But that there are such in being, having throwly perused this Discourse, you will be well assured; and that they are securely to be trusted to for cure in all cases. The manifold Instances of their real performances, will ascertain past all scruple. And which throughly read, & noted in all particulars, will soon enable you to cure your selvs, or friends, & to find what is most proper in those, or any other Distempers; and by their Marks you will really distinguish them from such as are improper, hazardous or dangerous.

Their particular Titles, Vertues, and Uses, where to have them, and how to order them, as necessity, or occasion requires, you will also clearly understand.

And though men for the most part seldom value any thing, though never so useful and precious, untill they immediately need them. Yet experience will tell you, it is neither safe nor prudent at such times to be to learn: But rather to be aforehand with all necessary knowledge; To give due and just regard to every thing according to its worth: And

To the Reader.

so to stand like wise and wary persons, always provided and prepared in every Exigence and Difficulty of Sickness or Distemper: To take the surest course, and to give the soundest and most assured advice to Neighbours, Friends, and Relations in all their extremities. It being in this as in all other parts of Wisdom, abundantly more happy, to be able to give, than to stand in need of Counsel.

And then, being rightly informed, if (as your judgments shall determine most proper) you shall furnish your selves for your Families, your Journeys, Voyages, or other occasions, with Gods blessing you may set your hearts at rest, as being better enabled to administer safe and effectual relief, to your selves, or Relations, then any other wayes you could either hope or imagine.

An accommodation and happiness of no mean degree, not known to Forreign Nations. And indeed, more worth than Jewels and richest Mines: for such in truth and reality is speedy Restoration from tedious sickness to inestimable health; without trouble, pain, or danger; the sole effect of these pure and powerful Medicines: And could not but be generally so esteemed, did not Collumbus *still want a gown in* England.

W. W.
Healths Student.

Desipicit? Nescit.

At the Star in the Postern by little *Moorfields*, *Lond.*

PHYSICK FOR Families, &c.

THough the Example of the good Samaritan, in pouring Wine and Oyl, into the Wounds of the half-dead Traveller, ſhould not expreſly warrant a ſole reliance upon thoſe Excellent Materials in all like caſes, being not ſo determined by Divine Authority; yet being both of them bleſſings of high account, *Where their Wine and their Oyl encreaſeth*, bringing gladneſs to mans Heart, and Chearfulneſs to his Countenance, of ſo ſafe, and ſo familiar a Nature, as to be both ſubſtantially nouriſhing, and moſt

delightful Diet. It cannot but imply and perswade, that whatsoever is administred in times of sickness, or extremity, should not only be highly vertuous, respecting the Distemper, but also of so benign, pure, and truly Humane Temperature, that they may be taken with as much security and delight, as the most wholesome and pleasant Diet: And which if admitted into Diet, may be as advantagious to the conservation of Healh and life, as in the most venomous Distempers they are unto recovery: inducing also a belief, that until Medicine be so ordered, (let who will be the confident prescribers) Physick; the great sustainer of mankind, is not in its true exalted state, but in a sordid, low, and perplexed condition unfit for Humane Constitutions, and not to be trusted in times of sickness and extremity.

And from such Contemplations as these, it hath been that I have deemed nothing proper to be given in sickness to any person, old or young, but what may be safely, and profitably taken by those in health.

And if from hence, and out of my tender regard to the distressed and dismal times of sickness, I have indeavoured all I could, and bent all my Studies for the obtaining of such kindly, and Powerful Medicines, as thereby safely to avoid, and wholly to abandon all those troublesome, painful, hazardous, and dangerous operati-

rations, and Ingredients too too uſual in practices (It being too ſad a time to add affliction to affliction) as I have much comfort therein; ſo I conceive my charitable intentions, ſufficiently juſtified by the Text: The truly Chriſtian Vertu of *Compaſſion*, being as eſſentially needful in a Phyſitian, as in the moſt tender hearted Samaritan; and without an eminent proportion whereof (what ever other parts or Arts abound) none ought, in juſtice, to be owned as a competeut Helper, in times of ſuch neceſſity.

Nor did I decline the common Road of Phyſick, for any other cauſe Imaginable, but for its manifeſt uncertainty in Principles, Roughneſs, Harſhneſs, and Cruelty in Methods, Impropriety, Impotency, and danger in Medicines. Nor found out any way to relieve my underſtanding, when firſt at ſo great a loſs, but by withdrawing my thoughts from out the wilderneſs of all the uncertain Notions and Gueſſes of Philoſophy, and giving them free liberty in the walks of Scripture; *Where the true Original of man*, the ſole ſubject of Phyſick (hid from Phyloſophy) being apparent, and the *ſublimity of the true Humane Temperature thence deducible*; I ſoon diſcerned that all miſcarriages in Phiſick, proceeded from the admiſſion of groſs, virulent, and dangerous materials into practice; together with other Rugged and Boyſterous handling; And for want of aſſimulating, all

Helps,

Helps, and Helpers in times of sickness, more agreeable to the distinct purity of mans Nature.

Upon which, noting with great circumspection, every the least Glance, or Lustre, of this my surest Guider, the Scriptures, insinuating any spark of instruction towards the appropriation and power of Medicines. It was not long before I apprehended a possibility of obtaining all Effects attainable in Physick, *solely by kindly and pleasant means, void of all noxious operations, or mischievous Materials.*

In persuance whereof, I concieve it very conducible to my end, to confine every of my Medicines to such qualifications (of what specifick intention soever) as (being such) should necessarily answer all my aims and expectations; and which since, proving in their performance accordingly, I have deemed it a considerable advantage to the Science of Physick, to propose those their peculiar qualities, as sure *Marks of Real Medicines, whereby to distinguish those which are fit and proper for Humane Constitutions, and Rational, to be relied on in all cases, from those which are not*, as by the sequel of this Discourse will more fully appear.

An undertaking in the whole, of so strange a Difficulty, that I have many times since wondred I was not astonished, and utterly disheartned at the first conception.

Nevertheless, assisted as I have said, and (as I veri-

verily believe) with very Effective Propensions in Nature, and with a Palate suitably exercised in the Discerning of the Spirits, and bent to the Discovery of the Vertues of materials, whereby all Compounds, as well as Simples, lay open to my assistance, with a mind thus furnished, and prepared, resolving neither to flatter, nor indulge my self in trifling insignificant Attainments, nor to be startled in so Worthy and Needfull an Attempt, by any Difficulties; *with due Submissions*, I proposed my End, made choice of Materials, wrought them into the consistence and Qualities of real Medicines, satisfied my Palate in their tast, proved them upon my self; and as cause required, either altered, or immediately fixt them for general Use and Practise.

In which way of proceeding, in process of time, I became so happy, as to satisfie my reason, in the Production of so large a variety of kindly and powerful Medicines, so Equally proportioned to mens Natures, and so peculiarly qualified for particular Distempers, as sufficed for all Occasions and Necessities: And which ever since they had a being, have with that constancy wrought so many remarkable Cures; that I now deem my self bound in duty to propose them as the most proper *Physick for Families*, according to the Titles, judging I should highly offend, if I should fail of my uttermost endeavour

endeavour to beget a right and thorow understanding of their performances.

And this, not only because of the manifest good they bring with them, in their use (with safety) but also for that absolute exemption from all those *troublesome, painful, hazardous, and dangerous proceedings*, with which the general course of practise is sadly and grievously encumbred.

A brief view of the particulars *whereof*, may here be needful, that every one may see and lay to heart, how much more dreadful, painful, and Dangerous the afflicted times of sickness are thereby rendred, and what an unspeakable happiness it would be both to all Conscionable, Compassionate Physitians, and all considerate Patients to have such Medicines alwayes in readiness, by which all those Evils and Inconveniences may Safely, and securely be avoided.

The first of which molesters of the sick, in the usual course of practice, are commonly *Glisters*; which how innocent and harmless soever they are esteemed, are nevertheless attended with more Trouble and Danger then is considered: For besides their pressing over hard upon the modesty of the more bashful natures, and so Disturbing their minds, by the odd position and Distastful handling of the body; they also expose very much to the taking, or increasing of Colds,

Colds, and exceedingly disorder, when Quietness and Sleep are most desirable. But how they amaze with fears, when they one after another work not at all, as often befalls to extream prejudice, and how dreadfully they affright when they work too much, as sometimes they do, in my apprehentsion deserves very much consideration; Especially since in their mildest working, the state of the body and Distemper may be such, as they may prove no less then mortal, by diverting and withdrawing the Spirits from their more needful combating the venomous Cause of the Disease, to this needless operation, and consequently leaving Nature destitute in her greatest extremity.

Nor is the very manual part, how slight so ever the most make of it, altogether free from the most feared effect. It having been known where a small errour in the Hand administring, hath occasioned an incurable Ulcer; And therefore all circumstances duly weighed, it must be deemed a very great advantage to understand the use of such Medicines, as bring an absolute freedom from all those Troubles, Hazards, and Mortal Inconveniences.

After *Glisters*, the next afflicter of the sick, is generally *Bleeding*, a practice not so frequent in former, as in latter times, and both highly commended, and every whit as much condemned by persons equally Learned; So that in this, their

their Trumpet gives an uncertain ſound. And ſome who are famous upon Record, Eſteemed it the more proper work of worthy Phyſitians to rectifie rather then draw and waſt it in times of ſickneſs, when Nature moſt needeth its aſſiſtance, of which cautious judgment alſo ſeem the *Chineſes* and the *Bannian* Phyſitians, but later times and Operators are at that paſs, as if they made little more of it then drawing of their breaths, and ſo they tearm it but breathing of a Vein, though with their favour it be not ſo eaſily recruited, and beſides that many times the bleeders breath their laſt by it, or by occaſion thereof.

And truly, though thoſe who uſually order it, ſeldom make the obſervation; yet for the moſt part, the perſons concern'd, and their Relations caſt but Diſmal looks upon it, and addreſs themſelves thereunto, with much Diſmay and Trembling (oftentimes ſwouning away under the Bleeders hands,) as a thing of much uncertainty and over much danger, the Event frequently ſo proving, not any one proceeding in Phyſick, being more complained of, nor any whereunto the failing of patients is more imputed; and that with juſtice too, for what worſe can befall afflicted Patients, overborn, and oppreſſed with the violent aſſaults of ſome Venomous Diſtempers; then to have their main forces, their Spirits drawn off from making thoſe

needful Defences whereunto by Nature they are assigned, and upon which it most dependeth for her preservation?

And what wonder is it, if soon after a little flattery and shadows of relief, suddain Dejections immediately follow thereupon, and sickness upon Nature thus betrayed, prevail beyond all possibility of recovery, as (were Records kept thereof) would be sadly seen in every weeks experience.

And as it is but small relief to shew how many recover after bleeding; The Course in it self being so hazardous, and often Mortal: so as little comfort it is to shew the ill, or rather odd Colours of the cooled and congealed Blood, which is known to be but fallacious trifling, to amuse bewailing and Disconsolate people, neither goodness, nor badness being at all ascertained thereby.

And be it how it will, is generally the best friend the body hath, and consequently never to be separated; nor indeed is ever needful where such Medicines are in readiness, as are Effectually qualified for Extinguishing of the Venomous Causes of Diseases: And for Purifying and Rectifying both of the Blood and Spirits, wherein chiefly consisteth the Worth or Ability of Physitians, and the Reality and Excellency of Medicines.

And without which, upon every Exigence there

there is such Hurrying, Starting, and Puthering, one while with a Glister, then with Bleeding, sometimes the Arm, the Tongue, or other parts, and these suddenly again repeated, to the Extream affrightment of the afflicted Patient, and all his sad Relations; and all this upon meer Casual, uncertain Grounds, as to what the issue may be, or whether conducing to Life or Death: A hazard of a strange nature for Patients to adventure the parting with, and loss both of their Blood and Spirits, upon which Death so often follows, when the Physitian runs none at all, *Secundum Artem*, excusing even to the utmost scruple of Reputation, if not of Conscience, which possibly may yet often suggest that they ought to have been provided, and to have plyed those (who so highly trusted them) with such really powerful and benigne Medicines, as they cannot but have heard and been assured to have discharged the most, Violent, Venomous Distempers without this unmerciful Experiment of bleeding; which also in the very action, through a small miscarriage of the hand pricking a Nerve, hath lost the use of an Arm or Hand, and sometimes through an ensuing Gangrene proved utterly Destructive.

Why therefore, all these Particulars considered, this Bleeding, or bloody practice should longer continue in repute, especially since so int Instances, are so generally discoursed,

viz.

viz. That after the many times bleeding of some persons, the last fits of their Distempers immediately before death, were (without any mitigation by all that wast of Blood) as vehement and Rigorous, as in any time of their sickness, which instances in reason ought to remind every conscionable Physitian, and every prudent Patient of this important Truth, that it is not this uncertain and uncomfortable course of bleeding; But the reality of kindly and powerful Medicines, that (under God) is most hopefully to be relied on for cure in all Extremities.

After bleeding, in the usual course soon followeth Purging, but very ill deserving, that plausible Title. Most of that mass of filthy matter, which it carrieth out of the body, being made by its own venomous qualities, and so in former times was deemed *more* an Enemy, then a Friend in all its loosening Operations, as working meerly by violence, and disturbance of Nature, and that also much alike upon the healthful, as upon the sick, and so could not be said to work upon the Disease directly, but at randome upon the body, and most often to its prejudice.

Advising accordingly, that for discharging of Crudities (the causers of many Diseases) recourse should be had to moderate Exercise and Recreation, rather then to Purgative Medicines. And that because not only of their pain-

fulneſs, their efficacy being contrary to Nature, and for the moſt part venomous, but alſo for that they are apt to root their poiſonous qualities in the Body, and withall, divert and draw away from the Members thoſe kindly Juices which the powers of nature require for their nouriſhment and ſubſiſtance; Yea and the vital ſpirits alſo which maintain and comfort life.

Thus hath this looſening way of Phyſick been frequently condemned; But if this be not thought ſufficient to extinguiſh its unhappy uſe, let but every one concern'd refer to their own obſervation, and without partiality note, with what uncertainty theſe looſeners perform their Office: As ſometimes when but three or four ſtools are only expected, it gives eight, ten, nay twenty, and thoſe frequently, with ſo much lothing to the taſt, offenſive naſtineſs to the Noſtril, and to the Brain of patients and all about them, as alſo with ſuch extremity of pains and gripings as are moſt intollerable, othertimes give never ſo many Potions, Pills, Powders, Electuaries of theſe looſening qualities, yet ſhall they not work at all to the terrour both of Phyſitian and Patient, yet otherwhiles run out into ſuch looſneſſes as are never ſtayed, but with the death of the taker.

And when working moſt kindly, and never ſo much ugly odd coloured ſtuff carried out, yet the Diſeaſe frequently not one jot abated, though the patient be thereby extreamly weaken-

ed,

ed, scarce able to stand: The body also drained, and robbed of almost all its Radical moisture, much more apt to obstinate obstructions, and so necessarily calls for more of such like miserable helpers; which by frequent use perverts the best constitutions, sow the seed of new Diseases, and confounds the whole course of nature.

And yet that this should be continued in perpetual practice, upon so very many and great disadvantages, perplexities and dangers meerly upon uncertainty, and be justified by the practisers, be the event never so sad and Dismal, this indeed is very mysterious, and too too like the mystery of

For who now adays remains in so much ignorance as not to know that Disease is a more lively, active thing, then to reside amongst such muddy matter, as these Purgers can possibly reach, being indeed of a more sprightly and and subtile Nature, then to be discovered by the Eye, Hand, or Knife of the most skilful Anatomists, and only liable to the disquisition of Reason, and an ingenious, intimate conception; And so, not to be attempted by such blusterers; but by Medicines issuing from the same Fountain, such as by their efficacious friendlines to Nature, with quietness and safety, Extinguish venoms, and enable her in all her faculties towards the clear discharge of all distempers;

And such being to be had, as in the sequel hereof will evidently appear, one would think there were no need to perswade either Physitians or patients to make an exchange where the differences of operation, and hopefulness of the Event, are so plainly manifest.

Now, if Purging (as they call it) be thus justly chargable with so many evils and mischiefs, what can be said in behalf of Vomiting the most Rugged, Churlish, and cruel of Physick, tearing and rending, and torturing, both Stomach, Bowels, Heart, Brain, Lungs, and Throat in so hidious a manner, as hardly any corporal punishment can be imagined to exceed it in pain and misery.

And yet though often reiterated, as it often befalls in many Distempers to intollerable torment, is never the less so uncertain in its Effects, as that no relief with any certainty can be promised thereby, but fills distressed patients one while with fears when it worketh not, and when it worketh, with greater fears of working too much: There being sad Examples of both, *viz.* where they have stayed in the body without any (expected) operation, and so destroyed the patient: And also where the working hath been so violent, and so continual, as hath never ceased, but with the Expiration of the sick.

And where these Extreams have not been, yet the failing of both men, women, and children is so

so frequently ascribed to Vomits, that its wonderful they are not Excluded quite out of use.

Besides, where Minerals are the main Agents in this unhappy work, it is incredible how mischievous their present tortures, and after worse than mortal inconveniencies have proved, conveying and entailing most Horrid pains and distempers from Generation to Generation, to all Posterity without hope of remedy; which though in process of time are judged to proceed either from the Scurvy, or foul Disease, and to end in Consumptions, or Kings Evil, yet driving the inquiry back to its Root, generally it hath been found, that the Original Cause hath much more justly belonged to unwholsome Purgers or Vomiters taken in way of Physick.

And when with their violence they have thrown up never so great a quantity of ugly ropy or filthy stuff, which is often shewed to Patients, and friends, as if now the Disease must needs be wrought upon, and near its Extirpation, it truly proveth no more but the Venomous Nature of the Medicine; the Disease for the most part rather advancing than retreating, and receiving rather an addition of strength, then any mi tgation from such mischievous helpers.

Seeing thus it generally is with Vomits; though sometimes they may perform what may be taken for a good Office, yet since they do it not through any benignity in them, but by di-

ſturbance, and the conſequence being certainly dangerous, why ſhould ſo troubleſome a miſchief-working-operation be longer retaind in practiſe, or be impoſed as neceſſary upon diſtreſſed patients in time of ſickneſs? and not rather gladly remitted for ſuch truly vertuous Medicines, as through their powerful friendlineſs to Humane Nature, being taken into the body, perform with eaſe and ſafety, only, what the preſent neceſſity of the body requireth: ſo as if the Diſeaſe be ſuch as requireth the emptying of the Stomach, throweth up, or carryeth downwards ſo much and no more but what is requiſite for promoting the moſt ſpeedy recovery, without any poſſibility of any after inconvenience, as hath been the conſtant prevalence of thoſe real Medicines herein propoſed; And in Reaſon may well deſerve the ſerious thoughts of all ingenious perſons, before they are further engaged in ways ſo uncertain and dangerous, though of never ſo long continuance.

The next preſcription in Phyſick, is commonly *Sweating*, which is attempted, either with the vulgar Waters, Electuaries, or Powders, or elſe with Mineral Preparations, and had it not been for the known uncertainty and deficiency of the former, there had been no recourſe to the latter, which inſtead of proving a ſure Refuge in time of need, hath generally treated the diſtreſſed with like adulation, as hers who cut the locks,

locks, or struck a nail into the Temple, frequently oursweating all the powers of Nature, or running madly out into salivation, or perpetual spetting, which are the ordinary Extravagant Effects of Quicksilver and Antimony, though under the most boasted Preparations, and whereof there are so many sad stories, as needs a Vail to cover their mischievous treacheries, and are more then enough, if but a little hearkened after, to induce all rational persons, for ever to renounce both the giving and taking of them into their bodies upon any occasion whatsoever.

Yet if there be any, who nevertheless will retain a confidence of the safety of their preparations, see them take them themselves before you take them, and then you have some assurance for your great adventure.

But for me who deem it irrational, that any thing should be given to the sick which is not safe, and good for the healthful, and who am undoubtedly assured; that there are Medicines as securely to be used in all Cases as Milk to Children, which yet in the most desperate Cases, are full as speedy and as certainly prevalent, as ever was pretended from those so extreamly hazardous and dangerous Minerals, and that too, with very little or no sweating at all, but ever without Exhausting the spirits, drying or binding of the body, or any other after inconveniencies, having always in readiness

plenty of such as these, and approved for such by continual performances, I hope I may pass without blame, though I retain my judgment, and press thus earnestly for an exchange, where the advantage to every one is so manifestly weighty and material.

The next sore troubler of the sick, are Vesicatories, or Raisers of small and great Blisters, by irksome fretting, if not venomous Plaisters, sometimes flaying off all the skin from the backs, otherwhiles the shoulders, leggs, or wrists, the neck, head, &c. to extream torments, especially when those raw places are rub'd and irritated, for diversion of venomous inflammations, hidious Curses and Excrations having been noted the impatient Effects of such cruelties; of which Nature also are the use of Cupping Glasses, drawing of Silk through the Neck-skin, Leeches, and Issues, all full of pain, hazard, and danger; And as the Event proveth them, frequently fruitless, as to the removal of any Distemper, so are they wholly needless, where real Medicines are in being, and must henceforth be accounted the more intollerable, since it is known so many notable Cures have been performed without any such tedious assistants, solely by such Medicines.

Then for cutting off the Hair, Capping and Plaistering the Head, they are all but troublesome Operations to the sick, very seldom proving

ving successful, either in Consumptions, or for removal of inveterate pains, for which ends they are most used, and with more advantage might be spared in liew of safe and powerful Medicines.

And so also were it happy if Patients in like manner were rid of *Opium*, let what will be said of its several Rectifications, for whether it be used in the *Ladanum*, or otherwise; the Event is oftentimes so suddenly, *and so* unexpectedly, and so unavoidably dangerous, that the knowledg of its aptness to miscarry, as it hath done with divers, is more then enough to make every Dispenser of it to tremble, during the whole time it is in the Patients body. And therefore in reason should gladly be left and abandoned for ever, having never since I have been furnished with the Medicines herein specified, though in the most violent distempers, seen any occasion for the use of so critical helpers, that instead of rest and sleep, like treacherous flatterers, stroak, and stab, and give Death it self in the same instant, to the horror and amazement both of Physitians and bewailing relations.

Which by truly good and real Medicines, might be safely avoided, such by their efficacious prevalence against the venom of the Distemper in short time, not failing to introduce an unenforced well proportioned sleep, not only void of all possibility of danger, but without sick-

sickishness upon waking, after-dotages weakness of the Nerves, or any dispiriting of the Animal Faculties, Palsies, Vertigoes, Apoplexies, the frequent Issues of opumated Medicines.

And therefore though I am far from wishing so much evil to the Practisers with *Opium*, that every of them should be obliged to take the same quantity which at any time they prescribe: (which yet is one of the Rules I always bind my self to in whatsoever I advise) yet I do heartily wish, that the whole Old Method of Physick aforementioned in all the particulars of *Glisters, Bleedings, Purgings, Vomitings, Sweatings, by Minerals, Issues, Cuppings, Blisterings*, &c. were all so well and throughly opiated, stupified, and laid asleep for ever, that they might never more rise again in Reputation with Physicians, or ever more be readmitted by distressed Patients.

But that both out of a most powerful ingenuity which most good Consciences are full fraught withall; And out of a deep sense of the manifold mischiefs incident to that way, would freely and fully forsake them all; and exchange them for the use of such true, and real Helpers, as are known to perform the utmost in all Cases that can be expected from Medicine; and that with so much mildness and safety, as disturbs not, nor hazards *the weakest* in their Operations.

And which, both by Physitians and Patients:

tients: And all persons, and Families, may certainly be known to be such, and plainly to differ from all Medicines that are not such: By *these Marks following.*

1. A truly benign Medicine, fit for the Sublime Humane Nature ought to be liquid, transparently clear, pure and pleasant: (for reasons expressed in my touchstone of Physick) so powerful, as to subdue the most violent Distempers, and yet so mild, as the weakest women and children may partake thereof in any case without hazard: And for assurance, the Prescriber is to take the same quantity he gives upon any occasion.

2. All such kindly and real Medicines ought to be so qualified, that if taken by Men, Women, or Children, in Health, shall no ways move their bodies, but nourish and cherish them. But if by any in sickness, the same quantity from their effectual friendliness to humane Nature in due time, shall either binde or loosen, vomit, or stay vomiting, sweat, or restrain excessive sweating, give rest in case of restlesness, or with-hold from immoderate sleep, as the instant necessity of the body needeth; or as conduceth most to Recovery.

3. And lastly, They ought to be no perishable Commodities, which prove but weak and defective helpers; but such as close stopt keep good for years in all Climates without any Diminution of their vertues, never failing or decaying

ing upon their hands, who furnisheth themselves therewith, either for Sea or Land, or that rely and depend upon them for relief in any their occasions or necessities.

These are the Marks which are sufficient for proof of the fitness or unfitness of all Medicines whatsoever; and for detection of all such as may, and no doubt will be counterfeiting of these, or at least some of them, as soon as they grow into any Estimation, and are called for by the sick; Then who that practises will be without some such spiritful preparation about them, that so it may be thought they are not wanting in any thing for their recovery; & well it were if it were so indeed: But being really such, they are then not to molest their Patients, either with Purgings, Vomitings, Bleedings, Issues, Glisters, Blisters, nor with any thing of Antimony, Quicksilver, or Opium, there being no need of such hazardous and dangerous operations or operators, but are all totally to be abandoned where there are Medicines of those absolute Marks and Qualifications; so as if in the least they tamper one while with a Glister, another-while with a Purge or a Vomit, &c. though now and then they should give a Dose, resembling such as these, it signifies just nothing, but that they would seem to have as much as any, when at the same time, it is manifest they themselves have no confidence therein, nor no dependence there-

thereupon, but according to their old Mode, are fain on all occasions to have recourse to their old perplexed medlyes; therefore its good to be wary, and to note all such Counterfeitters of Medicines, as but Counterfeit Practisers, more mindful of their own reputations, then of the recovery of their Patients: the Marks are few, easy to be minded, and to be applyed whereso-ever, or by whomsoever any Medicines are presented and prescribed, and in reason should sway in every ones Election or rejection accordingly.

Or however for my self, I shall never be ashamed to acknowledge, that it is to these Marks solely that I have confined all my Medicines: And that for this way; This untrodden Path in Physick, so acquired as I have expressed, I have forsaken, and abandoned all the troublesome and dangerous courses, Materials, Operations and Practises forementioned; and still see good cause to bless God that ever I was Enabled to make so happy an Exchange, for the benefit of mankind; at least to so many as the difference of those two wayes, shall come to be ingeniously and throughly considered. A difference so great, the one bringing abundant troubles, pains, hazards and dangers, and attended with weepings, woes and lamentations: the other with quiet, ease, safety, hopefulness and chearfulness: so that the profit of this Exchange in it self rightly un-

understood, cannot but appear inestimable and unexpressible, yet so hardly (with many) are old ways left though never so painful and perplexed; Or new ways embraced, though never so safe, easeful and free from all disturbance (the averseness being generally whetted by some sinister interest) that without perpetual insisting in a full discovery of the Advantages and disadvantages, there would be no hope of Prevailing for such a condescension as in this weighty Cause is agreeable to Truth and Reason.

But all things have their season; Evangelical Doctrine bringing nothing but peace, though long opposed by the Legal, which brought nothing but terrour to the sin-sick Conscience, yet in time as truth prevailed, became clearly victorious, both over the Law, and their Interest that would maintain it: And so in time I doubt not, but it may also prove in this, as the difference once comes to be rightly understood; for however Custom and Interest may have so prevailed & enchained mens minds, as almost in every sickness, to reckon no other, but that there is a necessity of undergoing all those painful, cruel, dangerous, and mischievous practises and proceedings afore recited; yet certainly when they shall be serious in their thoughts, and plainly see that there is another way in Physick Established upon more sure Foundations and Principles, and another sort of Medicines arising from these Principles,

ciples, which cure with much more certainty, and yet wholly exempt from all terrours, pains, and dangers, and that may by every one be known to be such by Evident Marks and Characters, and by abundant Instances of Cures performed solely by such Medicines, as in the touch-stone of Physick plentifully appeareth: There will then certainly be no place for opposition, nor need of farther Arguments to perswade their chearful Entertainment, nor to doubt a general adherence to their assistance, *by all Persons and Families.*

For whose clear understanding, and more easy ordering of them to their own, their Friends, and Relations, occasions in any Distempers or necessities.

I shall here acquaint them with their particular Titles, Vertues, and Uses, with all requisite Circumstances as followeth.

As 1. Refugium vitæ.

Exceedingly behoveful and prevalent in all sudden frightful and confused distempers, afflicting either the Head, the Breast, the Stomack, Bowels, Mother, or any other part of the body, with, or without Vomiting, Loosness, Gripings, to be given with confidence 2 or 3 spoonfuls, to Children, and from 6 to 12 spoonfuls to those of years, and at three hours may be repeated (or the like quantity given again) and so as long as there is occasion, warm or cold,

at

at 8 s. the pint, in Colds, Surfets, Agues, Fevers, Convulsions; &c. is of singular advantage.

2. Sanguis vitæ.

In all Distempers of Stomach and Bowels, griping in the Guts, Surfets, Vomitings, Agues, new Fevers, first signes or fears of the Pestilence, small Pox, Measels, and in all such cases to be well heated; the Dose or quantity from four spunfuls to 12. yea to six Ounces if need require, but for conservation of health may be used cold familiarly, to a quarter or half pint at a time, as every one pleases, the price is 2 s. the pint.

3. Adjutrix vitæ.

For Appetite and Digesture; a pleasing Cordial for all times, the Dose from 2 to 6 or 8 Ounces; best between meals; is good also in any Spoon-meat, or drank in Milk against Consumptions, the price is 2 s. the pint.

4. Vis vitæ.

For Dropsy, Scurvy, Spleen, Wind, Gravel, Strangury, Stopage of Water, or of the natural course, or in swellings from thence, or other sweatings; the Dose from two to six Ounces, and at 4 hours may be repeated, and continued, till occasion cease; Also may be familiarly taken for prevention of all such Distempers, and for conservation of health and chearfulness, at 3 s. the pint.

5. Succus vitæ.

For Convulsions, Palsies, Falling-sickness, Mother-fits, &c. the dose from two to 4. and six ounces, and

at

at 4 hours distance may be repeated (or taken in like quantity again) and to be continued as long as occasion requireth, at the pint 5 s. 4 d.

6. Lac vitæ.

For Rickets, Worms, Green-sickness, Diseases of the Mother, and weakness, or sikishness of the stomach, the Dose is as the last, and to be repeated, and continued as long as there is occasion, the price also is 5 s. 4 d. the pint.

7. Radix vitæ.

In Coughs, shortness of breath, Vomiting, Loosness, Griping, pains in the Head or Stomack, in Fevers also and Pestilence, or any occasion with, or without Fevers, Agues, &c. The Dose from 2 to 6. Ounces, or larger quantities; and to be repeated and continued as long as there is occasion, the pint is 6 s. note that 3 small usual spoonfuls make an ounce.

8. Nutrix vitæ.

For Consumptions, Defluxions, a great strengthner, also may be familiarly used for preservation of health, strength, and chearfulness, from 2 to 4, 6 or 8 ounces, the pint 8 s.

9. Salus vitæ.

For all difficult Cases, Infectious, Feverish, Pestilential or Dangerous; in Small Pox, Measels, Agues of all kinds, with Vomitings, Loosness, Gripings, Virulent Scaldings, or Itchings over the body, sore Mouth, or Throat, violent Coughings, Headach, or Toothach, with or without swellings; the Dose from 2 to 4, and 6 Ounces, and

after 4 hours time to be repeated, and continued as there is occasion, at 8 s. the pint.

10. Medulla vitæ.

For Wastings, and all Weaknesses, especially in fears of miscarriage, of singular efficacy against Consumptions, with, or without Oeavers; the Dose from two to four and six ounces, but in Milk as warm as from the Cow, or in Oatmeal and Milk, or any other Spoon-meat, as nothing is like pleasant, so also is nothing a more powerful strengthner, or improver of Nature; two spoonfulls to a mess sufficeth, at 12 s. per pint.

11. Deliciæ vitæ.

Against Sadness, Melancholly, a great reviver, and though the dose be from 2 to 4, and 6 ounces, yet half a spoonful held in the mouth a while, and after swallowed generally, makes so great a chearfulness in the most indisposed and dejected as hath been admired, and by perseverance, alters from a sad to a chearful constitution and conversation, the price is 20 s. the pint.

12. Stella vitæ.

Very powerful in Swoonings, and all Extremities: As also for extinguishing most virulent inflammations in any part of the body, arising from impure venomous Causes, the Dose from 1 to 2, 4 and 6 ounces, as to the amazement of some Arts-men; and observers hath with safety, and wonderful success been even daily taken by divers; and so used, hath been also very prevalent in pleuretick shortness and

and ſuffocation of breath, in violent Vomitings, Looſneſs, Griping of the Guts, ſtopping of the ſtomach, ſtoppage of Urine, and Strangury: And though very high in Spirit and ſeemingly hot, yet is ſo ſafe and innocent, that the ſmalleſt children partake thereof to great advantage, the price is 12 s. the pint,

13. Ignis vitæ.

Exceeding high in ſpirit, and of ſingular uſe in Lethargies, Vertigoes, ſwimming of the Head, Dulneſs of ſight, and (to the wonder of Art) in violent Headake, and inflamation of the Eyes, with, or without ſwelling; The doſe a drop 2 or three to be held a while in the mouth, forcing it up into the head, and then ſwallowing it: It being alſo a great Cordial, and to be repeated often without intermiſſion 4, 5 or ſix times together any time day or night, but beaſt to bedward; the price is 16 s. per pint.

14. Flos vitæ.

Fortifying the Breaſt, the Brain, and Memory, a recreative and refreſhing Cordial, a great reliever in buſineſs, and uſeful at all times, the Doſe from 2 to 4 and 6 ounces, the price 3 s. the pint.

15. Elixar vitæ.

For qualifying the blood, ſharpneſs of Urine, and of virulent Ulcerating humours, and ſharp vehement pains in the body, the doſe from 2 to 4, and ſix ounces; at 6 hours time may be repeated, and conſtantly continued till occaſion ceaſes, the price is 3 s. the pint.

16. Vita vitæ.

A general and powerful fortifier of all the natural, vital, and animal faculties, and useful in all Cases, where there appears either deficiency in breathing, or dejection of Spirits; The dose from half an ounce to 2 or 3 ounces, and after 3 hours may be repeated and continued as occasion inviteth, the price is 10 s. the pint.

These are those of the first sort assigned for maintenance of health, and for speedy relief and remedy in the first apprehensions of sickness and distempers.

But those which are as the Main-guard, and intended for subduing and extinguishing the most violent, venomous, pestilential, and invererate Distempers, and securely to be trusted to in all Extremities: Are as followeth,

1. *Vita Naturæ*: In Fevers, or feverish Aguish Distempers accompanied with Jaundies, Faintness, Wind, or Crudities, or in those Distempers not Feverish: Also in violent Head-ake, Tooth-ake, with, or without swellings; The Dose from 2, 3, 4 to 6 ounces; and at 6 hours may be repeated and continued as long as there's occasion: Best a little warm'd and in bed, (as also all of this sort following) the price 9 *d.* per ounce.

2. *Corona Naturæ*: In Sighings or Extream Pensiveness, with, or without Fevers, Agues, Pestilence, &c. The Dose and use as the former, at the ounce 2 *s.*

3. *Servus Naturæ*: In Fevers, Agues, &c. with

with pain and heavineſs of ſtomack; The Doſe and uſe as the firſt, at the ounce *9 d.*

4. *Comes Naturæ*: In all Feveriſh caſes, with loſs of Appetite, or other faculties of the ſtomack; The Doſe uſe as the firſt, at the ounce *6 d.*

5. *Ancilla Naturæ*: In ſtoppages of the ſtomack, Spleen or Liver, with, or without Fevers, Agues, &c. The Doſe and uſe as the firſt at the ounce *1 s.*

6. *Latex Naturæ*: In Fevers, Agues, &c. where Nature fails, and fleſh abates; The Doſe and uſe as the firſt at *1 s.* per ounce.

7. *Vindex Naturæ*: In higheſt Fevers, Peſtilence, Tertian or Quartan Agues, with Vomitings, or Bloody fluxes, pains in the Head, reſtleſneſs, Gout, Small Pox, Meaſels; and where there is often provocation without Evacuation downward; or in any other violent or Contagious Diſtemper; As alſo for furthering of Childbirth; The Doſe to Children from 1 ſpoonful to 2 or 3, to thoſe of years from 2 to 3, 4 or ſix ounces, and at 4 or ſix hours time may be repeated and continued whilſt there is occaſion; Except where its taſt is grown diſtaſtful: And then to be ſupplied by either *Vita naturæ*, or *Clavis*, or *Corona*, or any of the reſt, as reaſon may judg, the price is *9 d.* the ounce.

8. *Anima Naturæ*: In Hectick Fevers, Conſumptions, weakneſs of the Nerves, and Animal Spirits; The Doſe and and uſe as the firſt,

and to be continued as occasion continues, at the ounce 1 *s.*

9. *Athleta Naturæ:* In Fainting fits, shortness of Breath, violent Thirst, Pestilence, Gout, or Fevers, Vomitings, Looseness, Gripings in the Guts, &c. The dose and use as *Vindex*, and so to be repeated, and continued: at the ounce 1 *s.*

10. *Flamma Naturæ*: In Fevers with Palsies, Appoplexes, Convulsions, Pains in the Head, &c. The Dose from 1 to 2 or 3 spoonfuls to the younger,, to others from 2 to 3 and 4 ounces, at 6 hours may be repeated and continued as there is occasion, at 1 *s.* 3 *d.* the ounce.

11. *Firmentum Naturæ*: In Hypocondriack Melancholly, infirmities of the Reins and Bladder, Strangury, &c. with, or without Fevers, Agues, &c. The dose and use as the first, at 1 *s.* the ounce.

12. *Clavis Naturæ*: In Fevers, Agues, or Pestilence with stuffing of the breast, Coughs, Toughness of Flegm, Ptisick, Raspings of the stomack, Collick, distempers of the Mother, Headake, or in those distempers without Fevers: The dose and use as *Vita naturæ* (or the first) at the ounce 9 *d.*

13. *Requies Naturæ*: In Mother-fits, Vertigoes, Falling-sickness, Convulsions, Lightness of the Head, and weakness of the Brain, with, or without Fevers, Agues, &c. The dose and use as the first, at the ounce 9 *d.*

14.

14. *Lumen Naturæ*: In the Running Gout, Scurvy, or sharp Rheumatick pains, with or without Fevers, Agues, &c. the dose and use as the Vindex, at the ounce 1 *s.*

15. *Arcanum Naturæ*: A Balsamick Cordial to be sipt, or taken with a Liquorish stick in Coughs, Consumptions, or any Distempers of the Breast or Lungs, Clammines of Flegm, Soreness of Tongue or Throat, at the ounce 6 *d.*

16. And last, *Catharticon Naturæ*: In impurity of the Blood, and oppression by Crudities, with, or without Fevers, Agues, &c. The dose from 2 to 4 ounces, at 8 hours time may be repeated, and continued as there is occasion, at the ounce 9 *d.*

These are the Medicines which upon all occasions I have found abundatly sufficient for all the Ends and Intentions of Physick, so that whosoever shall throughly acquaint themselves therewith, and furnish themselves with due quantities thereof, may not only easily and pleasantly add strength and vigour to their usual Diet, plenteously repleniſh their continual wast and Expence of Spirits, daily refresh themselves with real advantage to their health; Supply all suddain Illness or Exigencies, without all fear of after Inconveniencies; but are thereby firmly enabled, with Gods blessing, to grapple

with, and subdue the most violent and most inveterate diseases whatsoever, which make up the full scope of all Physical knowledge, and Medicinal performances.

And all these without any the hazards or dangers forementioned; Are alike useful at all times and and seasons of the year, *Winter*, *Sommer*, *Spring*, or *Autumn*; safely and pleasantly to be taken by all persons in all states of health, or degrees of weakness from the very Cradle to Oldest Age, without any confinement to house, or Chamber (except in cases of Extremity,) without charge of visits, or tedious attendance, and with all possible quietness and hopefulness to the Patient.

All which are no feigned Delusions, but real Truths, as divers who have long time solely depended on their assistance, both for themselves and Families, with absolute good success can sufficiently testifie, reckoning withall, that all circumstances duly considered, they are not the dearest, but the cheapest of Physick.

Besides as never any harm could justly be imputed to any of them; so were they never known to fail of Cure, where time proportionable to the constitution of the body, and to the quality and degree of the Distemper, hath been allowed, and Directions followed accordingly.

But where Distemper hath taken fast hold upon

upon a body over worn with toyl, care, and busineſs, aggravated by omiſſion of timely medicines, and then tyred out, nay confounded with intricate and unwholeſome Phyſick; and from one ſort of Medicine to another, until the Medicines have proved more miſchievous, and more inveterate then the firſt Diſeaſe; for Patients in ſuch difficult Caſes as theſe, to think a moneths time (or ſo) ſufficient for recovery, failing of their hopes, rather taxes their own reaſon, then the validity of the Medicines.

And yet even in ſuch forlorn undertakings, I have in very few days ſeen ſo great and ſo good an alteration, that had it not been deſtroyed by too much preſuming thereupon, and thereby taking cold anew, and ſo looſing all that was gained; There was ſufficient to give aſſurance that time and perſeverance in their plenteous uſe would have perfected their work; all after deviations from this courſe of Phyſick, and theſe Medicines never bringing the Patient to ſo good a condition; Nor did I ever know them laid aſide for any others, but there was cauſe to wiſh they had not left them: But if ever it is in ſuch caſes as theſe, that this ſaying is verified, That there are ſome *who will be ſick too late*, and *well too ſoon*: And makes me think of divers unhappy Patients, when I mind that ſaying, *He found no ſteadfaſtneſs, no not in his Angels.* Very few in inveterate

terate cases being apt upon utmost perswasive arments to give a tenth part of time requisite, or having resolved to do it, that wil be constant for half the time; And this not always from an instability in the Patient, but most unhappily from the odd officious Medlings of Visitants and Relations, who though wholly void of true judgment in Physick, or in the differences between what is, and what is not to be trusted to, are ever censuring the present proceedings, and proposing one while this, another while that, boasting up this, and commending another, as having speedily cured divers in like cases with very small charge.

A sort of friendship might very well be spared, and should a little more then it doth touch the Consciences of all such well meaning disturbers, if not destroyers of these whom yet with all their hearts they earnestly desire should be preserved, affectionate and zealous: errors being always most mischievous.

For my part, I can clearly affirm, that I never gave the smallest quantity of those myMedicines to any person, in any case, but I heartily wisht it might prove a perfect Cure; And it is an absolute truth, that very many in a year have been cured of such Distempers, some for the value of 6 d. some 12 d. and sometimes a very little more, that probably in any other way, could not have escaped a tedious fit of sickness, or a chargable course

course of Physick, and I am never more joyed then when it is so.

Yet this doth not argue that every one that falls ill should expect always the like success, there being so vast a difference in Constitutions, and in the nature of Diseases, in neglect of the instant use of means, and a while deferring as alters the Case beyond imagination, and which unavoidably enforces as great a difference in the difficulty and time of recovery.

But then, how Exceedingly much more doth the Case differ when the Disease hath been of many years continuance, and so many various Physicks used time after time, that it is very presumable some of it may have been venomous, and infinitely added to the malice of the Disease: Though in such Case I should not despair of prevailing, in this way of safe and powerful Medicines; yet I should blame my self excessively should I give any hope of success, but upon an absolute promise from such patients of perseverance for at least so many Moneths, if not twice the number, as they have been *years* afflicted, and admit the charge of such a condescension, should amount to 10, nay 20 Crowns a moneth, which I suppose would be the most, what a small thing were this to persons of means and quality, to adventure in a course so safe, and withal so hopeful, and after hundreds, if not thousands of pounds spent in vain, in ways nei-

neither so safe nor rational, and in such hands as I am sure to gain the world, would not defer a Cure one moment; *That Instance in the Touch-stone of Physick,* Of the Gentlwoman that was left hopeless by all her Physitians, after a long time of using their utmost Endeavours, and she brought to nothing but skin and bones, and her Disease triumphing over her weakness, when her sad Husband came to me, desiring my assistance, had he scrupulously enquired whether I had ever cured any one in so hopeless a condition, or endeavoured to have confined me to time, or been solicitous in what time I thought some hopes might appear, or where about the charge of her Cure might be; It is very like I had never undertaken her, as abhorring nothing more then such huckstering in cases of sickness where there is ability: But he leaving all wholly to me, though by reason of some relapse, it was some moneths before she went abroad, yet both he and she were fully satisfied with all that was done, and God blest it to her wonderful recovery. All which I have thus Expressed, if possible to make all persons concern'd sensible how great a difference there may be in Distempers, seemingly alike, and how much more time may be requisite for recovery of one more then another; And to work them to a willing resignation of themselves, to whomsoever they shall think meet to trust, and without

out scruple, or repining either at Time or Charge, stedfastly to persevree, especially being engaged in a way so safe, and with Medicines so kindly, and withal so powerful (as here are solely intended) and, which by the Marks foregoing may easily be tryed and proved, whether they are so or not; but being such, there is all Encouragement imaginable to persist with hope and chearfulness.

Withal, the Patient must be sure both in his Diet, and shunning all hazards, to be helpful to his Physitian, and most careful to observe all Directions, Cautions and Circumstances advised, that being the only way to make the best of what is taken, and to keep and not loose the smallest degree of improvement obtained; for those who get and keep ground, though but by inches, are sure in the end of victory.

But without resolving to persist in their use, (whether they are governed by Patients themselves, or their relations on their behalf, or by Physitians) I would not encourage any to begin with any of these Medicines; It being my manner always to refuse the undertaking of any that I either doubt, or will not promise to persevere with them, and strictly to adhere to Directions; upon which being resolved, none need to fear success, Answerable either to the Instances mentioned in the *Touch-stone of Physick*, or to those *Cures* since performed by them.

Some

Some whereof to manifest that they are still the same both in Efficacy, and in Performance, I shall here recite as followeth.

1. A Gentleman about thirty years of age, upon an Extream cold taken with great pains over all his body, Headake, and stoppage at his stomack, I sent him 3 ounces of *Vindex naturæ*, to be taken a little warm'd last at night, which quit him perfectly of his Distemper.

2. A Boy about 3 years old taken in so stupid a manner, as those who are said to be struck with Death, as the Parents verily thought this Child; Being somewhat far from me, they made use at first of some other means, but being worse upon it, they sent to me, I sent him a small quantity of *Radix*, to be given by a spoonful every hour, and 2 ounces of *Salus* for the night, to be taken a little warm at twice, and continued for divers days and nights, with no appearance of prevailing in the least, yet depending solely upon these Medicines, they sent to me daily; much and often they solicited me to allow a Glister, which I durst not admit, the malignity being so obstinate, besides the child had ordinary stools daily; at length I ordered 3 ounces of *Athleta naturæ*: Upon which there followed two or three sharp and loose stools, whereupon he became perfectly well.

3. The Brother of this Child some 2 yeas older, was soon after taken very ill also, and Fever-

Feverish, but being instantly sent to, I ordered him 3 ounces of *Vindex*, which proved to his absolute recovery: In all which Cases, or the like, where thirst molesteth or is feared, I always appont White-wine Posset-drink to be freely taken, made with a quarter of a pint of White-wine to a quart of Milk (and not to exceed in Wine) and to use no other Drink, if they can be so perswaded, but if not, then once in four or six hours to admit a draught of 8 shillings Beer with Sugar and a Toast, which I desire may be noted as a general Rule, and not to be scrupled.

4. A young woman layn in, and well almost to the end of her moneth, upon a sudden had no passage for her water; upon which I was sent to, her condition being very much feared, I sent her half a pint of *Vis vitæ*, which being given her at twice warmed, within 3 hours time, she became perfectly well.

One almost 70 years of age, having contracted some foulness of stomack, and sliminess in the Uriters, was unexpectedly taken with stoppage of water, which he bore awhile as hopeing it might alter of it self, being not much provoked nor pained, so eat and drank as usual; soon after, making trial he found the stoppage to continue, and withal an unusual aptness to Vomit, which he gave way unto, and brought up abundance without pain, which being ended, I ordered him

him to drink a quarter of a pint of *Stella vitæ*, which he did at one draught, half an hour after, though otherwise well, yet still his water staid, whereupon I order'd him to take a quarter of a pint of *Vis vitæ* well warm'd, which he drank off at one draught, and so laid him down upon his bed, where he slept so soundy for two full hours, that when he wak't, he thought it had been but half an hour, and then trying to make water, it freely issued as at other times, and troubled him no more.

6. An Elderly Gentleman frequently and vehemently troubled with Gripings, Wind and Loosness, using much means in Physick, being by his Physitian allowed the use of *Vis vitæ*, which generally he keeps by him always in readiness, never fails of certain relief thereby.

7. His Wife generally troubled with Wind, and weakness of Stomack, having recourse upon all occasions to the use of *Sanguis vitæ*, renders her life very secure and comfortable.

8. A Gentleman sufficiently able to distinguish of Physick, being in *London*, his Wife being Extreamly ill far off in the Country through a long crazed body, and then afflicted with intollerable pains all over, with debility of stomack, and all faculties, applyed himself with very anxious solicitation to me, as dreading her immediate loss; so consulting together, we agreed to send her a quart of *Radix vitæ* to take

of

of in it continually, a little and little day and night, which being taken, he received and brought me very joyful tidings of her happy recovery.

9. Awhile after the same Gentleman desired my advice for a Gentlewoman, quite stuffed up with Flegm, and oppressed with an Extream Cough, and defect of Appetite; upon a little discourse we agreed she should have a pint of *Radix*, to take a little and little all the day, and at bedtime 6 spoonfuls, and in the night a little and little as she found occasion, which through Gods goodness perfectly recovered her.

10. A Gentleman about 30, highly Feverish with Vomiting, Thirst, and Headake, and sore all over his body; I sent him 3 ounces of *Vindex* to be taken at Bedtime, and to drink White-wine Posset made as afore is mentioned; this he took, and next morning was much mended, and omitted to take any thing all that day, but the day following I saw cause to send him 6 ounces of *Lac vitæ* to take by sips all that day, and 3 ounces of *Vindex* for bedtime, which enabled him next day to come himself and give me thanks for so happy an alteration with so little trouble and cost.

11. A Gentleman about 35, going out of *London* not very well, & far off in the Country, oppressed with perpetual business even night and day, his Body also being not of the firmest Constitu-

tion, fell into so Extream a Fever, and so confusedly ill all over, that to preserve himself, he was forced to make use of such Helps and Helpers in Physick as the place afforded, which was not despicable, yet availed nothing, upon which his Friends by his Order sends to me his Condition, desiring me to send what I thought fit (for he was well acquainted with my Medicines, and used never to travel without full quantities of them) so I sent him a quart of *Radix*, and a pint of *Vindex naturæ*: But so obstinate a Distemper was hardly ever heard of, for though he had after this much more and larger quantities of *Radix*, and of *Vindex*, *Athletæ*, *Lumen naturæ*, and *Vis vitæ*, and *Salus vitæ*, all which he took always with very much assurance of good; yet by one occasion or other he was so often even upon the point of Death, that I became afraid to open the Letters that came from his Disconsolate friends. How it came to be thus, I could not certainly learn, though some imputed it to diversity of advice, & proceedings of Physitians or Chyrurgions near him, which unnoted by him, or his dearest Friends, might perplex & nullifie the operation of these Medicines: Nevertheless by Degrees he gaind so much strength, or rather so much courage, as to resolve for *London*; where with difficulty he arrived: But his residence being near to a Physitian his friend, and being then on the suddain Extream ill, he fell into the general course

course of Physick which held a long time, and had very various successes, very much through a strange unchect liberty he took in Diet, helping himself notwithstanding now and then with a large Bottle of *Radex*, and at length got so much strength, as to adventure to refresh himself in the Country: But withal depending so much upon my Medicines, that he caused to be sent immediately after him, 7 pints of *Vis vitæ*, and 2 pints more, before he came back, and through mercy returned, so well as to pursue his occasions, and which hath not since failed him; and seems still to have as high, if not a more high Esteem of these Medicines; and I believe he hath good cause for it, or he would not as he since hath done, commended their use to his best Friends in all their occasions. And I conceive under God ascribes unto them very much of his preservation: It being also very presumable his recovery had been far sooner, and more perfect, had he not been diverted, but solely depended on their assistance.

12. A young Lad taken suddenly so Extream ill and Feverish, that the Mother knowing his weak nature doubted he could not live, twice two ounces of *Vindex* for two nights given him, prov'd to his recovery.

13. The same Lad awhile after fell into another Distemper lying continually in a senseless stupid condition; I gave him 2 ounces of *Vin-*

dex mixt with half an ounce of *Ignis vitæ* for one night, and the like for next night; which perfectly cured him.

14. A young Gentlewoman always upon taking cold, and preternatural stoppages, Extreamly afflicted with sharp violent pains all over her body, but more especially in her head, never fail'd of recovery by the use of *Radix vitæ*, in the day-time to the quantity of half a pint taken by little and little, and by six ounces of *Vita naturæ*, taken by two ounces a night, for three nights together.

15. A young Boy far off in the Country, being accustomed to Extream fits of Crying, a Gentleman related to the Family noting how he writhed his body at such times, told the Parents he was perswaded the Child was troubled about the passage of his Water, and being well acquainted with my Medicines, advised the use of *Vis vitæ*, which being given day and night by little and little, perfectly cured him, wherein they used about three pints, or two quarts at most, which was no great cost for persons of Quality.

16. A youth about seventeen, strong and healthful, upon a suddain, without any manifest cause, became Extreamly ill, with violent pains in his head, sickishness at his stomack, sore all over his body, with some Giddiness, it was a time when the Small Pox was very rife, but

but he having had them, and my advice instantly taken, I thought it best to arm, as if it might prove the Pestilence, and so gave him three ounces of *Vindex*, and a good quantity of *Radix* to use little and little, refreshing himself therewith continually: But for all this a Vomiting seased him with Extream thirst and restlessness, and binding of his body, I wisht his Kinred might be acquainted how he was, and to resolve what course to take: But it fell out, the principal of them (within reach) understood my way, earnestly desiring I would proceed, upon which I plyed him continually with *Salus vitæ*, till at length the Small Pox plentifully appears, and being ordered accordingly with due care, he soon began to feel his stomack and strength so far, that he presumed one morning to rise without a fire in his Chamber, or warming any of his Clothes, unknown to any body: This struck him down, and the Wheals began to grow flat; Then his Friend who had the chief care of him, being come to Town, he began to be troubled that he was under an unusual Course of Physick, ordering one of his own acquaintance to take the charge of him: But this the youth refused, as being satisfied with the way he was in, and so was the Physitian to whose care he was referred which was somewhat rare: So I fell to work a fresh with *Vindex*, *Salus*, *Radix*, and the like, and in short time, recovered him to so much

ſtrength, as made him ſo fond therewith, that one of his Familiars coming to viſit him out of mirth and ſportfulneſs, he urged him to ſing with him ſome merry Catch, but the party diſliking ſo ſimple a motion, fell into more ſerioufneſs with him, that he was but newly eſcaped from as dangerous a Sickneſs as ever any did: that though he were ſure the worſt was paſt, as for his part, he as yet was not, other thoughts would better become him: But to deal plainly with you, ſaid he, whatever you think, there may be but a ſtep betwixt you and Death, and therefore it is fit you better prepare your ſelf: But this well meant advice wrought ſo much farther then he intended, that it had like indeed to have coſt him his life, making ſo deep an impreſſion, that there was no perſwaſion of any poſſibility of life, ſo that I was forced to redouble my Cordials, and others to convince him, that there was no fear of his preſent Diſtemper: And that now he had nothing to trouble his thoughts withall, but how to be thankful to God, and walk worthy of ſo great a Deliverance: which at length cured and reſtored him: But may ſerve for Caution, not to lay too much weight upon weak minds in times of ſickneſs, nothing being more killing then the affright of Death.

17. No ſooner was he recovered, but the maid that attended him throughout his ſickneſs, fell Extreamly ill, highly Feveriſh with intollerable Gripings,

Gripings, and pains all over her body: But being plyed with *Vindex*, *Salus*, and *Radix*, and at length with *Vis vitæ* in respect to stoppages, in four days she perfectly recovered.

18. A Gentleman about 30. taken with vehement pains in his left side, with stoppage of his breath, and thereby in such Extremity that he could hardly speak, and then crying out he must either bleed or die: Yet when Bleeding hath given him no relief, or so little, that his misery hath soon returned upon him: A quarter of a pint of *Vindex* hath clearly discharged the fit: And when in process of time he hath been troubled again in like manner, he hath found speedy remedy by a quarter of a pint of *Stella*, or at most half a pint: Other times by as much of *Refugium*, for he hath often been so afflicted, yet could never be induced to condescend to any course for rooting out the cause of the Distemper: And that because he found these remedies so certain: Now these being Pleuretick Distempers, and which are not only accompanied with violent pains and heat, and pass not off but with the avoidance of an abundance of thick Flegm, it would amaze an ordinary Artist, that Medicines so hot as these could be so proper, and so successful as these have proved in such Cases, and which they often object to dissuade their use: But as their Objections proceed from want of a due distinction between Vertuous and Vitious heats,

so hath their constant good success baffled their Objections, the Patient being not to be startled from what gives him most sure and certain Remedy, for their Groundless, if not partial counsell.

19. Another Gentleman about 30. Extreamly afflicted with a quartane Ague, to quit himself whereof, he had run the whole course of Physick, but all in vain, his cold fits being very turbulent and tedious, & his hot more long and irksom, being accompanied with intollerable thirst, and followed with such vehement Sweatings, as if he had been in a boyling Bath, which sweatings with sickishness, also continued as much upon his well nights, as upon his ill: And being much engaged in business which required his being abroad, he was ful of anxious thoughts what to do for relief. When one who had good experience of my way, recommended him to me, so I gave him when he came unto me a draught of *Sanguis* well heated, and a quarter of a pint of *Vindex* for his Fit, which taking twice and not finding remedy he withdrew his hopes, and it being not my manner to press any beyond their own minds, our Proceedings ceast for above a week, he hearkening to his former Councel, being possest, that if any thing carried off the Cause of so great disturbance, it must be Purging and Vomiting Physick which rowsing all parts of the body, and voiding so great a mass of ugly coloured and nasty filth,

filth, the Ague or what ever it be muſt needs out at laſt: Arguments indeed, with cuſtome of knowing no better, ſo powerful as deceives both the Learned and unlearned parts of the whole World, and therefore no marvel if it retained this our perplexed Patient as long as he could ſtand, or till he was almoſt off of his legs: But at length wearied and tired out, Diſcourſing again with his friend, he told him he was to blame to Deſiſt from my way ſo ſoon, that he was certain it was a ſure way, and if followed would not fail: Why ſays he, why did he not tell me ſo then? He did, ſays his friend, and I told you ſo too, but you regarded it not, beſides ſays he, you are to urge him to do his utmoſt, and to ſpare for no coſt, if you mean to be cured, and not to expect that he ſhould preſs you, that having ſuch a ſhew of ſelf reſpect, as is abhorred by all ingenious Artiſts: Upon this he returns to me again, and Earneſtly deſires me to do my utmoſt for him, that he would with all his heart give twenty pounds to be cur'd of his Diſtemper. Whereupon I fell to work amain, giving him *Radix* to carry always about him, and to drink it in good quantity continually; Alſo to take every night at reſting time 4 ounces of *Salus*, and not to riſe too ſoon in the morning: Then for his fit he was to take a quarter of a pint of *Vindex*, either a little before, or juſt upon its entrance: And in his hot fit to ſip continually

tinually of *Salus vitæ*: And if thirst enforced, to relieve by White-wine Posset, or now and then with Table Beer, and toast & Sugar, so pursuing this course for about ten Days, the whole work was finished, and he perfectly recovered; And this without spending much more of his twenty pounds, then fifty shillings, so far have I ever been from putting any to farther charge, than meerly necessary, though it be very much to my Encouragement to have the whole in all respects wholly referred to me; Nor with me shall any ever speed the worse for so doing, nor is any thing more improper or absurd, than in sickness either to starve their Cause, or to trust to halves.

But though this Gentlemans Ague were quite discharged, and Strength and Stomack restored, and all faculties in Due State and good Conditions, Yet being performed without Purging, Vomiting, Bleeding, Issues, or Blisters, or Sweaters (Except such as restrain'd and put an end to his most violent sweating) this seem'd so strange a Mystery to those in whose hands he had been, that they told him the work was but falacious, & could not be perfect, but would either return upon him, or bring him into some more dangerous Distemper, and this he would certainly find, if he did not speedily take some fit Purgative to carry off the Relicks; Now though this somewhat prevail'd with him (as it doth upon most) yet he

he would be so ingenious, as to tell me what was said before he would take any thing: I told him they were so accustomed to that course, that it was no wonder they thought it necessary: But for him that had seen the Impotence of their Purges, and Vomiters, as to the subduing of his Distemper; and the powerfulness of those Medicines that did subdue it, for him to doubt that which had performed so far above his hope, and upon which he found himself so compleatly well, would leave Relicks that must want the help of such nasty miserable helpers, should give the least Ear, or yield in the least thereto, would argue him a fit Subject to be play'd upon by every trifler, and never more to be assisted by such benigne Medicines, as when they had done his work, must be made liable to so abominable Disparagement. Upon this he seem'd fully fortified against their charming; And when next they undertook him, and in reply (to what he urged from my Discourse) said they did allow the Ague was subdued and kill'd: But say they, admit you kill a Dogg in your house, if you let him lie there, and not quickly throw him out, he'l soon make you weary of your Habitation; Ergo, If you throw not your Dead Dogg out, you must look to quit your house afore ye are aware. And this frighted him again to me with a witness; I smil'd to hear this Syllogistical Conclusion, & putting out a Candle that was be-

fore

fore us, I ask't him where was the flame, he said it was Extinguish't, I askt him whether there were any Danger to be feared from it; he said no; I ask't him why? he said, because it was Extinguish't: I told him so it was with his Ague, the Venom which caused all his various Disturbances being also Extinguished by the Vertue & Efficacy of the benign and powerful Medicines he had taken; whose good qualities were such, as to leave nothing behind, but what they put Nature into an ability to Evacuate: And this satisfied him; and it was well it did; for though it be the common Courfe, and frequently passeth without manifest prejudice, yet as here it was wholly needless, so hath it sometimes proved extreamly pernicious: For,

20. A Child being very strangely ill, the Parents not knowing what to do, the Mother advising with me, I gave her two ounces of *Vindex*, because, whether it might prove the Measels, Small-pox, Fever, Pestilence, or Ague, the Medicine was very proper. This being given to the Child by a spoonful every half hour: The next Day the Small-pox appeared, after which being plyed with *Salus* now and then half a spoonful, they came out full, ripened, shaled off kindly, and the Child perfectly well, very much to the joy of the Parents: But Neighbours and Visitants, and Kindred were not so satisfied, and by all means the Child must be Purged, or one

Evil,

Evil or other would certainly attend him, which at length the Parents yielded to, so the Child was purged as they will needs still call it, and very well upon it for a while, but soon after was taken with such strange fits, as he was then thought to be bewitcht, and was very like to have cost his life: So here the imaginary Dead Dogg was changed for a real tearing Bear, that through its Venomous Nature tortured and tousled the Child even to Death: And yet this, nor any reason or Argument will prevail, but let one recover either out of Pestilence, Fever, Ague, Small-pox, Meazels or Surfet, the first thing is thought on, oh by all means, the relicks of the Distemper must be cast off by some gentle Purge, or mischief follows, yea if ever the party be ill again, it shall be sure to be ascribed to the want of Purging after such or such a sickness: In such simple bondage both the weak and wise, remain even in this inquisitive generation. In so much that two young ones by help of *Salus vitæ*, lately well recovered from the Small Pox: The person concerned in them, told me he was so pelted by some of his Physical neighbours to Purge them, that though it went against his own reason, yet he could have no quiet without it: So to be sure from after claps, between them he gave last at night 3 ounces of *Salus vitæ*, to which under God, their so speedy recovery was justly to be ascribed: And which is not

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only a good Medicine against a Dead, but a mad Dogg too, if need were, or it could never have perform'd in Pestilent Fevers, and all venomous Distempers as it hath done.

21. A Gentleman about 35. by over much toyling, travelling, and puthering in business, not only for himself, which had been more then enough, but for help of others involved in troubles, brought himself (by ill and Disorderly Diet, and many times unwholsome Lodging) into so ill a habit of body, that at length wrought it self into a most violent sickness and inflammation, which he sought to remedy by the best of means and counsel he could get, under which he continued so long, till his flesh, and strength, and stomack, utterly failed, whilst his Distemper instead of abating, heightened, and increased upon him, so that what further to do he knew not: In this sad condition he was recommended to me about the beginning of Winter.

The first I gave him was a quarter of a pint of *Stellæ vitæ* a little warm, which he drank at one Draught, and about a quarter of an hour after, the same quantity of *Vis vitæ* well heated; upon which I wish'd him to sit down by the fire, and either drowse or sleep; so he slept about an hour, and wak'd very much refreshed, and with great Exemption from those Violent pains, and sharp inflammations that afflicted him. And

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after this manner was he plyed for some 14 days, in which time as his Distemper abated, his stomack and strength advanced, and enabled him to pass currantly about his occasions, not staying within Doors one hour for any thing he took, a convenience which he confess'd trebled the charge of his Cure.

After this I now and then for the nights gave him a quarter of a pint sometimes of *Salus*, and other times *Vindex*, and *Radix* he used to carry about him, to take of it at all times. So in process of time, and these powerful Means, the vehemence and venome of the Distemper was wholly driven outward into an Extream Itch, with which being somtime much molested, I gave him of *Elixir vita* half a pint at a draught, and a quantity to take as much every night; And so with the Expence of 3 pints, absolutely discharged that also; and then he reckoned himself as well, and hearty as ever he was in his life.

Now though most of the Medicines he took were of that heat, especially the *stella* as would have affrighted any Practiser whatsoever to have given one quarter of the quantity he at any time took; yet during all the time he never found any inconvenience by heat or thirst, or binding of his body, but on the contrary had stools much more then ordinary, and is become a Champion in defence of their Real Vertues, against all suggestions he frequently met with, from such as thought

thought themselves loosers by this way of his happy recovery.

22. A young man taken very violently with griping in the Guts, and having continued so for a considerable time, his friends applying themselves to me, I sent him a quarter of a pint of *Stella* to be heated and drank off by him, and it perfectly cured him.

23. About the same time also a Gentleman between 30 and 40, taken with a violent Looseness, and Griping, the same quantity of *Stella* heated, absolutely cured.

24. A Gentleman near sixty, much endangered by a Fever, and all usual means prevailing nothing, sent to me, I sent him 4 ounces of *Vindex Naturæ* to be taken half at bed-time, and the rest within the night, and the like next night, which recovered him perfectly.

25. A young Gentlewoman neer the end of lying in upon some cold taken, was extreamly afflicted with Gripes, and Vomiting, I sent her 4 ounces of *Vindex*, and as much next Day, and so she recovered.

26. A Gentleman about thirty, naturally of much life and Spirit, sorely molested with a Quartan Ague, upon recommendation of a friend who had great experience of my Medicines, earnestly desired my best assistance, and not to spare for cost, so I plyed him daily with *Radix*, and every night with *Salus*, and with

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Vindex for his fit, and this for about 8 days at the least without any sign of abatement, or remission, which as it was very much to his discouragement, so it made me also amaz'd to think of it, and resolved, except I suddenly heard better news from what I then sent him, to tell the party that came between us, that certainly there was something in the business they had not discovered, or that Exceeded all I could comprehend, and to wish him to take some other Councel, nothing being more troublesome to my mind, then to see things go quite cross to my reasonable expectation, but for five days after not hearing from him, I concluded he was either Dead, or had put him self into other hands; But when I least expected, the messenger came to me, desiring me to send him somewnat to support his spirits, as he went about his occasions, I ask't what was become of his Ague, and found he was absolutely quit of it; The party telling me that that night he took the last things I sent him he had 6 or 7 large stools which quite Discharged his Ague, and that ever since he had been very well, only upon stirring a little faint: And truly this manner of effect I have often noted in obstinate Distempers, for that which I always give being not slight, insignificant, but powerful friends to Nature, cannot possibly be utterly frustrate, but first or last must some way or other prevail for good, as here by Purgation, so

sometimes by Vomit, when their forces by frequent repetition become so united, as not to be resisted; And this way of Operation, as it hath Established my hope in all I give; So may it be of good assurance to Patients though for a time they see little or no alteration; For that which is good in it self, and powerful, and taken in full quantity, frequently when least look't for, produceth even above, and beyond all hope Imaginable; And is the peculiar blessing of Prudence, in Patients, and Perseverance under the use of means so certainly safe, and so prevalent as these upon all occasions have been approved.

But this Gentleman adventuring too much upon his mettle before confirmation of his strength, before two moneths came to an end renewed his Ague; and being much nearer to other means then mine, fell into the common Road of Physick, under which in few days he ended his life, somewhat under the blame of his Relations, for declining his own Reason and Experience, but is the usual fruit of Instability, and Inconstancy.

27. A young Child so ill and stupid, that none knew what to what of it as the manner is, was excused and laid upon toothing so long till help was almost too late, the Father Disired my advice, so I ordered two ounces of *Salus vitæ* to be given by a spoonful every hour, which before it was quite taken, gave an appear-

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ance to the small pox, and so he perfectly recovered.

28. A Gentleman far in the Countrey, having contracted a very ill habit of body, with weakness of Stomack, and aptness to vomit; By the use of *Vis* for days, and *Salus* for night, in less then a moneths time was restored to a far better condition.

29. A Gentlewoman having a young Daughter very much languishing under a Distemper and weakness, like that of the Green-sickness; by the use of three quarts of *Vis vitæ* (taken thrice every day between meals, and last at night) 9 spoonfuls at a time, recovered into a very good condition.

30. A Gentlewoman very much stuffed in her breast with Cough and shortness of breath; by three quarts of *Flos vitæ* taken thrice every day, and a little in the night, became very well and hearty.

31. A Gentleman of somewhat a weake Constitution, through many occasions both at home and abroad, subject to Heats, Colds, Weariness, and thereby frequently to illness, and sometimes to very Dangerous fits of sickness using in all such times full and large quantities of *Salus*, *Vindex*, *Stella* and *Radix*, freely and seriously professes, that he believes they have often, by taking the value of a quarter of a pint saved him both a fit of sickness, and a chargable course

of Physick; And that in his extremity of sickness they have saved his life, when it was in his judgment impossible for any other kind of Physick to have done it, having seen to his grief, as he says, divers of his friends fail and fall under the best of the usual practise: And which hath so confirmed his Opinion of their safety and Efficacy, that he soly under God Depends upon them for support of his no small Family, and whereby both to his Son and Servants, so much hath been performed both in Small Pox, and Griping of the Guts, and other illness as might well make out many weighty instances: But where as in this large Family they are always at hand, and in readiness, it's hardly credible how frequent and how speedy very great Inconveniences are daily prevented.

But for this Griping of the Guts, which every week rose higher in the Bills of Mortality, as many times to exceed an hundred, as I have never known any so Distempered to fail under these Medicines; So I do verily believe they would have proved a perfect Remedy to whosoever had relyed upon them; And it troubled me Exceedingly they were made no more use off in that Mortal Distemper, by those who undertook its Cure, or that those who were concern'd took no more heed to them, whil'st with a little consideration, and small Cost, they might have cur'd themselves, which is the main intention of this Treatise.

32. A young Maiden, by overmuch toyling above her ſtrength, taking cold, fell into a Feveriſh Diſtemper, which ſtopping the courſe of Nature, ſtrange pains flew all over her Body, and into her head eſpecially; Some Artiſt at hand preſently bleeds her, but that proving rather to the increaſe, then abatement of her Diſtemper; I was deſired to help what I could, I ordered 3 ounces of *Vindex naturæ* for the night, and half a pint of *Vis vitæ* for the Day. And this repeated next night, and next day, reduced her to a very good condition.

33. The Father of this yong Maid, being tortur'd with violent pains of the Srangury, and ſtoppage of his water, ſending to me, I ſent him only half a pint of *Vis vitæ*, which he had no ſooner taken, but he found inſtantly a perfect releaſe, both from pain and ſtoppage, to his Extream joy & ſatisfaction: But this alſo is a Family long time uſed to a Dependence upon theſe Medicines, unto which there belongs ſo many ſtories of Cures performed by them for young and old, as would take up a larger room then is needful at this time.

34. An Elderly full bodied Woman, troubled, and almoſt ſtrangled often with ſtoppage of the ſtomack, and Vapours flying up into her breaſt and throat, hath not failed of relief by half a pint of *Sangis vitæ* well heated, and drank off in an hours time.

35. One about 27, of long time troubled with a vehement pain in his Legs, yet nothing to be seen, having used sometimes one Plaister, and then another instead of ease, redned and pimpled all over, swelling somewhat, but itching so extreamly, that by scratching became extreamly painful and tedious to him; Asking my advice, I smelt the Plaister, and found it too hot and rank, so I ordered him to put no kind of Plaister any more to it, but to moisten a fine Cloth or Linen stocking with fine Tallow dropt in fair Water, and to keep that on till that Leg was like the other, which happily proved to be so in some five or six nights: Then as to his inveterate pain, I gave him a pint of *Elixir vitæ* to take by a quarter every night last; and so with two pints more so used, his pain became absolutely Extinguished, only with this I injoyn'd him the forbearance of Wine, strong Drink, Cheese, large Meals, or any thing over salt, or hard of Digestion, and to use none other Suppers, but Spoon-meat, which perfected the work.

And this also begot a whole Family of Patients which though not many in number, yet had many various occasions very remarkable, and very much to his satisfaction, as on all opportunities he takes very much pleasure to Demonstrate: And though often tempted, yet would never admit any other Physitian to come into his house.

36.

36. A young sucking Child troubled with a Wind Rupture, and such Convulsion-like fits, that the most able Physitians knew not what to make of them, being thereby, and by various Physick brought almost past all hope of recovery, my assistance was earnestly desired by his Parents to whom as being their only Child he was very dear; I told them, that though there were no certainty of it, yet he might possibly be recovered, but then it must be by perseverance in the use of fit means, which if they pleased to allow, I would faithfully do my utmost, they said they were so well satisfied of my Integrity, and the hopefulness of my way, that they would confine me neither in time nor cost; Whereupon I advised 3 ounces of *Vindex* to be given, a spoonful every two hours, and two spoonful in the time of his fits: This somewhat mitigated them, but this not willingly taken but by force, put the Child almost into a fit every time he took it, upon this, I changed it for *Clavis naturæ*, which was freely taken, And with which being plyed for some two moneths, brought the Child into a very perfect state of health, to the Exceeding joy of his Parents, and all their Relations.

37. A Gentleman about 40 taken very ill and Feverish, and under much perplexity whom to trust, upon some Encouragement of friends, and Discourse with me, put himself into my hands, and in three Dayes by the assistance of *Radix vi-*

vitæ; to his wonder became perfectly well and hearty.

38. An Elderly Gentlewoman being taken with Extream Gripes and Looſneſs, ſeeking to me for help, miſſing of me, fell into other hands, but finding no help, ſent to me. ſo I ſent her half a pint of *Salus vitæ* to be taken at thrice in 3 hours time, which reſtored her perfectly to her health.

39. One who had three young Children all at one time ſick of Agues, I ordered her a quart of *Sanguis* to be given to each of them a ſpoonful two or three (as they would freely take) once in two hours, and Double the quantity in their fits in which courſe with three Quarts they all recovered.

40. A Gentlewoman troubled often with Fevevers and Fits of the Mother, generally recovered by *Succus vitæ*.

Her Husband alſo afflicted with an Extream Cough, which his neighbours would frequently tell him it would be a Church-yard Cough, which is an unhandſome way of Diſcouragement, wherewith many do a great deal of miſchief to weak people, by the uſe of *Salus*, *Radix*, *Vindex*, *and Stella*, perfectly recovered. And when after much buſieling in buſineſs, he had contracted a moſt inveterate Ague, by theſe medicines alſo he recovered. Alſo a ſon of theirs that had ſuch ſtrange Fits, that moſt that ſaw him

him in them, would iudg him bewitcht, by help of *Salus* recovered. And a very young Child of theirs, taken with a most tearing violent hooping Cough, by help of *Succus vitæ* mixt with a third part of *Refugium*, soon quitted the hooping: But then he fell into Convulsion Fits so fierce and frequent, that they never saw, nor I ever heard the like, in so much as they were out of all hope; yet so long as it lived would not omit the use of means, desiring me to spare for nothing I thought might give it relief: Upon which I ordered half a pint of *Salus vitæ*, (the Child being Extreamly hot, thirsty, and Feverish also) to be given by a spoonful every half hour, so that was soon spent, and an other, and a third also, and then long and slippery strong stools succeeded, after which he soon perfectly recovered: But this being a Family that is never without *Sanguis* for ordinary occasions; nor *Lac vitæ* for worms, *Salus vitæ*, or *Radix*: I should be over large if I should recount all the advantages they have recieved by them, and by which being taken in time, they prevent many mischievous inconveniences.

41. A Gentleman about 30, having often recovered from threatning sicknesses, and having seen his wife much assisted by them in time of Childbirth, and his bothers Exceedingly relieved in Melancholly, and in Extream Fits of the Gour, is arrived to such an Esteem of their absolute

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and General fitness for mans body, that he professes seriously to believe, that it would be much for mans happiness to forsake all other, both Beer, Ale, and Wine, and even at meals, and all other occasions to drink no other drink: And that had he the World at will (as they say) he avouches he would do it, so this is a Family you'l say to the purpose.

42. A young Gentlewoman full of Difficulty in Childbirth, upon taking 2 ounces of *Vindex* mixt with an ounce of the tincture of Saffron, (which I keep always in readiness of an Extraordinary vertue) instantly became a happy Mother. But towards the end of the Moneth, taking an Extream Cold, was afflicted with violent Gripings, and Faintings that they could hardly keep life in her; so that she was fain to take in a little space 4 ounces of *Vindex*, and as much *Stellæ*, which soon eas'd her, and after those half a pint of *Radix*, slowly used, perfected her health.

43. Another young Gentlewoman full of Difficulty with her first Child-birth, found also present help by the last mentioned Cordial in like occasions; and indeed, by long and large Experience, stands as an undoubted assistant in all such cases: This Child also proving somewhat sickly, and sometime Dangerously, hath never failed of speedy remedy, by *Radix*, *Salus*, *Succus* mixt with *Refugium* when fits appeared, and is so

so confirmed, that both for her self, and husband, and friends as far as she can perswade with them these Medicines are solely depended on; and this not only because of these Successes, but when before marriage she lived in much perplexity about the Small Pox, after she once understood the almost certainty of recovery by my Medicines she cast all fear away, and not much shunning the infection as she used to do, had them, but using timely *Salus vitæ*, was not sick at all (so much difference is there between fear and not fear) and was well instantly. Then when being with child, a bleeding took her, somewhat threatning, and other times fear of miscarriage, having recourse to these, she became soon quit of her Distempers; So this also proves another testimony of their fitness to be Established *Physick for Families*.

44. In the next place I should recount the manifold remarkable Cures performed by them in another worthy Family, Being the same, where that strange recovery of the young Gentlewoman, referred to afore, and recited in the *Touchstone of Physick*: But truly they are so many, that I choose rather to omit them all, then to make so large an Enumeration. Especially considering how ready they will be on any occasion, to aver their safety and Efficacy in all Cases, wherein they ever used them; and it is a very considerable time, that they have under

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God solely Depended upon them, even in all Extremities.

45. A Gentleman well seen in my Medicines, comes hastily to me for a Child Exceedingly troubled with Convulsion fits, so as there was very small hope of life, and said I, you will have me Engage, and so the Death of it (by those that will neither understand you nor me) shall be imputed to what I send it, but he would have no Denial, so I sent two ounces of *Succus* mixt with an ounce of *Refugium*, which given to the Child by spoonful and spoonful at neer an hours Distance, so prevailed, that the Child recovered, and had never any fit after it.

46. A Gentleman and no stranger to Physick, nor to my way, his Wife being Exceedingly and often afflicted with Mother-fits, and being to take a long journey, gave her a pint of *Refugium*, for her relief in case of extremity. And he told me afterwards she thought it saved her life.

47. A Lad about fourteen or fifteen taken with a Violent pain and swelling in his knee, had something given him to anoint it and a Plaister: but without any ease or remission; his Mistress telling me of it, I gave her half a pint of *Sanguis vitæ*, advising it be taken one half that night hot in bed, and the other half next night; she laught and said, this was Chirurgians work, what could *Sanguis* do to a swel'd knee, (she was one who for her self and Family had long time solely Depended

pended on my Medicines, and so I did believe she thought it Chyrurgians work, or she had referred him to me at first) I told her 'twas no great nor Difficult matter I advised, yet such as I hop'd would answer her desire, so it was given, and the venom being extinguish't, the swelling fell, and the knee remained perfectly well as the other; And so I hope, neither I, nor my Medicines shall ever be hit in the teeth with the chargableness of this Cure: Nor shall I insist upon the manifold Cures performed for this Family, where there is always a readiness to justifie, That there is no physick so proper for Families, as they are, at least in their judgments.

48. A Gentlewoman between 30 and 40, in Difficulty of Chidbirth, speedily relieved by the Cordial afore mentioned, but before the end of the moneth, striving above strength to be a Nurse, fell into a most tedious Ague, of which in about ten Days being cured, by the continual taking plenty of *Radix* in the Day time, and *Salus*, or *Vindex*, or *Clavis*, or *Vita naturæ* every night, and sometimes *Stella*, and othertimes *Refugium* for her Fits; Being very well and hearty for some time, became on the suddain Extreamly afflicted with violent pains all over her body, which because she was accustomed to Fits of the Mother, and by all about her taken for those, had very may pretious Cordials given her for the same, yet not only without any the least

least mittigation, but settled with such perpetual, and such intollerable pains in her stomack, that greater could not be imagin'd, whereupon I inquired how it was with her, as to her natural course, and found they had long time been absent; so then immediately I caus'd her to take a pint of *vis vitæ* in three hours time; upon which in the middest and heighth of her torment she would fall fast asleep for two hours together, and so by plying her day and night only therewith, in less then a weeks time, no one could be in a more setled or healthful condition.

But she also is one of a Family, That from the youngest to the Eldest for all occasions (and very many they have had) solely under God depends upon these medicines, and very much to their satisfaction.

49. A Gentleman near 30, overwrought to compass matters of Importance, admitting no deferment upon a journey in bad ways and weather, returned somewhat ill, yet so as he was enforced next morning to begin another, when (as one said after) there was some appearance of the Small Pox, yet then he must go, or the opportunity ever lost, 'twas not far, but tedious through his indisposition, and matters sorting to his mind, bore up for his return home, but no sooner there, but head, and heart, and stomack most violently out of order; so, as one who with his whole Family had long depended solely under God upon

on my Mesticines; He took a large quantity of *Salus*, as upon half a pint in three hours time, and last at night, 4 ounces of *Vindex* towards morning, his wife perceived apparent signs of the Small Pox, but for fear of Discouraging him forbare to speak of it, withal a violent looseness took him, which being upon those Cordials could not have been hurtful, had he not in that case through dislike of his attendant upon every occasion risen out of his bed, upon which taking cold as the looseness increased, so the Pimples sank in, and an Extream Fever ensued; with head-ake, thirst, and restlesness, and which though he took *Radix*, and *Salus* hourly, and every night last, *Vindex*, or *vita* or *Clavis*, or *Athlæta*, besides within night the *Arcanum*, *Stella*, *Refugium*, &c. yet in three days time there was no visible remission, but rather advanced towards lightness of head, with a Mouth and Throat, sore and scurst all over. Besides my care, he had a Worthy and skilful friend that often visited him; But seeing the course taken, preserved from Extreams, Did not in the least interpose; at length noting how great a quantity he had taken, and the small effect produced, being full of thoughtfulness, I grew jealous of my Medicines, and proposed to mine; and his Worthy Friend, the use of Coolers, which upon consideration was assented to, and preparations ordered: But upon this Resolve, some reflecting

fecting upon the high venomous nature of the Distemper: That all along he was admitted White-wine Posset-drink, and in four hours time a Draught of Beer and Sugar, with a toast which moistened and cooled as much as consisted with safety: that in al my undertakings I never saw cause to accuse my Medicines, nor in this neither; For though his Looseness was staid in due time, yet once in eight or ten hours he had constantly a well consisting stool; That now if I should withdraw these, and fal to cooling Drinks, Ptisans or Juleps, I might please the palate, but weaken nature, that only by the utmost strength and virtue of my best Cordials could be enabled to go through with this Conflict: Hereupon immediately I put into his hands near upon three quarters of a pint of *Salus*, to take of it continually as much as he pleas'd, which liking him very well, he followed it to purpose, sleeping very soundly for two hours together, and waking chearful and full of hope: Upon this also, upon little Coughings he brought up large quantities of a thick ropy flegm, like whites of Eggs, which hardly parted from his mouth by plucking, and this frequently both night and Day; During all which time, he took very large quantities of *Radix*, *Salus*, *Vindex*, *Arcanum*, and the rest forementioned, sleeping conveniently, and waking without sadness or sickishness: And upon a suddain seem'd to himself so well and con-

courageous, that I wishing him to forbear speech, and Dispose himself to rest, he laught at me, and told me if I would not otherwise be convinc't, he would rise and come home to me, I wish't him rather to believe me than himself, and towards night he should try his strength in sitting up for his refreshment, so I quieted him, but so that he would have a Chicken prepared for his Supper; So when time came, his fancy helpt him to rise pretty heartily, and with a little help to move near the fire, where he would fain have been well, and cal'd for his Diet, but alas could not endure the smell, nor swallow one bit, but changed in a moment, and so hasts to bed, where finding himself somewhat refresh'd, was not discouraged, but said he perceived he must have patience awhile; so within a Day and a Night after, his Flegm began to cease, his head quieted, his thirst slak't, his mouth, and tongue, and throat clear'd, and his appetite crept gently upon him, and able to rise and sit up two and three hours together, and to bed without faintness, and so in less then fourteen days from the beginning, he perfectly recovered: For no sooner was the venom of the Distemper subdued, but his strength came on amain, immediately, having not had any thing done to weaken him by either Bleeding, Purging, Vomiting, Blistering or the like, as in such Dangerous Cases is usual, and to be often repeated: So this was the strange end

of his small Pox, being by the mighty Efficacy of those Medicines forced upward and cast out, and though he purged not at all, but as Cordials which he took every night after, for a week at least, purged him, yet no ill effect followed, unless the peeling of his hands and feet should be taken for one, which indeed witnesseth rather the poisonous quality of the distemper, and powerful benignity of the Medicine, then any remnants or reliques of malignity: And as this, through Gods mercy, thus happily ended, so should all the advantages received by this Family from these Medicines: Were there no other, they might very well pass for a currant testimony, that they very well deserve, in a most signal sense, to be stiled, *True and Real Physick for Families*; as I am sure they are always ready to testifie.

50. A young Gentlewoman very big with-child, upon taking Cold, was so extremely afflicted with continual violent Coughing, that her friends thought it impossible but she must miscarry; but being well acquainted with these Medicines, every time she cought, she took a good sup of *Radix vitæ*, which amounted to above a pint in one night, and so quitted her self both of her fear, trouble, and danger, and this without any the least shadow of inconvenience ensuing, either by burning, drying, or binding. And if this be not an undoubted witness both of

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their safety and efficacy, the most diffident being Judges, let no evidence henceforth be of any repute amongst Practitioners.

51. One about 50, of a full body, upon a fall bruising the knee, breaking the skin, and swelling with much painfulness, plying her twice a day with *Vis vitæ*, and every night last with two ounces of *Vindex*, *Salus*, and *Fermentum naturæ*, in a weeks time was perfectly recovered.

52. A Maid, through Cold taken, and Stoppages, her face became so swell'd and pain'd, as was intollerable; but with *Vis vitæ* for daies, and *Salus*, and *Fermentum*, and *Radix* for nights, in a weeks time she became very well in all respects.

53. A Gentleman being very crazy after a tedious sickness, and yet by reason of urgent business forced upon a long journey in dead of Winter, taking with him half a pint of *Salus vitæ*, reckoned it preserved him from many inconveniences, that in probability might have caused some dangerous relapses.

54. A Gentlewoman between 30 and 40, apt through helping others, to run many hazards in her own health, upon a great Cold was taken with violent Gripings and Loosness, which hung upon her very tediously; at length she sent to me, and I sent her half a pint of *Refugium*, to take half presently, and the rest three hours after, both well warm'd, which perfectly cured her.

55. A Gentlewoman between 20 and 30, taken with flying pains all about her, and with extreme torture in her stomach, by the use of two half pints of *Salus vitæ*, so speedily recovered her, that what therewith, and former services they have done her, she has freely voic'd them out, for the cheapest and most powerful Physick in the world.

56. A Gentleman near 40, long afflicted with an Ague, being at length cured by no ordinary Physick, but such as by forcible Vomits and Loosners, extremely weakned him, so far as none had any hopes of his life: Having some knowledge of my Medicines, from large experience of his friends, sent to me, desiring I would well consider what might revive his drooping and sinking spirits; I sent him a pint of *Vis vitæ*, which perfectly raised and restor'd him.

57. A young Gentlewoman, after a miscarriage, being continually pain'd, restless, and every way indisposed, using much of the most Artificial help, but all in vain, desiring my assistance, by four ounces of *Radix*, and three ounces of *Vindex*, became perfectly well.

58. A young Girl, so ill, that the Parents knew not what to think of her, and using all usual means, but prevailing nothing, desired my advice; I gave two ounces of *Clavis*, which given to the Child by a spoonful every hour, soon gave an appearance to the Small Pox, which both

both came out, ripened, and shell'd off without any further help, only all being over, something was expected to carry off the relicks; so I gave two ounces of *Vindex* for two nights, which perfected the work to their satisfaction: For some there are who begin to distinguish rightly between refining the Body and Spirits, by these sublime Medicines; and defiling both by venomous Loosners, unjustly stiled Purgers.

59. The like service these Medicines performed for a younger Child of the same Parents; but this proving somewhat more threatning, *Salus* and *Vindex* were imployed to its compleat recovery.

60. A Gentlewoman far gone with-child, surfeiting upon what did not agree with her, became extremely pained all over her body with Gripings, insomuch that she was forced to use large quantities of *Salus*, *Stella*, *Vindex*, *Radix*, and *Vita*; but being her former acquaintance, she took them always with good hope and confidence; nor did they fail her, for through Gods blessing she in short time recovered.

61. The young Children of this Gentlewoman also, upon many sore sicknesses, being given frequently, not only *Salus*, *Vindex*, *Radix*, and the like, of their mildness, but even *Stella* also, ever had good from them, without any the least inconvenience, unto which appertains such a Mystery, as it is no wonder if our capricious

Arts-men censoriously say, they do not understand.

61. A young Lad, about 14, having a tedious Ague, his Master plying him with *Sanguis*, heated for his Fits, and with *Vis vitæ* for other times; in about a weeks time discharg'd it.

62. A Gentleman about 30, by occasion of business, adding illness to illness, thickned it into a most violent Fever, with violent pains in his head, vehement thirst and soreness all over his body, with restlesness: I began with him with three ounces of *Vindex*, for the first night, and the use of White-wine Posset, and in the morning he found himself so well, that he rose out of bed; but unhappily, for by occasion he ventured to the renewing of his Cold, and that day was very much out of order; then for next night I gave him the same quantity of *Vindex*, and next morning found himself so well, that friends coming about business, he would needs rise, and did, to speak with them; and so again lost all the advantage he had gained, and so rooted his Distemper, that for two days and nights after the event was sadly feared: But every night I plyed him with *Salus*, or *Vindex*, and all day long with *Radix*, to take continnally; but all prevailing very little, he grew much discouraged; yet following him so close with the most powerful Medicines, the most threatning Signs were withheld, and the worst that appeared somewhat abated,

bated, for he had rest and evacuation, and his tongue, and throat, and thirst moderated; but as he seemed to amend, it settled into a second day Ague, with a very bad Cold, and very long and tedious hot Fits: But as this somewhat quitted the mortal fears of his friends, so was I well satisfied I had it at that pass; for I accompt not any Ague difficult, where (as here) the Patient is easily ordered, and willing to give time, without limitation of cost: So every night I gave him three ounces of *Salus*, and half a pint of *Vis vitæ*, every day, to take by little and little all day long; and for his Fits half a pint of *Refugium* to take well heated, one half of it just before, or in the beginning of his Fit, and the rest at times before it ended, and so by degrees his Fits were lessened, and his well days and nights without head-ach, or sickness, and in short time at a final end, without any thing, but some three nights two ounces of *Vindex*, to throw out the dead or killed dog; and he immediately followed his occasions, free from all faintness or infirmity, which would hardly have been so, had he bled, or vomited, or purged, and been blistered; as in other hands he would have been, though it might have cost him his life: But this good speed, as I take it, the whole time being not above ten days, next to Gods blessing, is very much to be imputed to the quiet resignment of this Patient (above most) to all directi-

ons and cautions adviſed, eſpecially after once he ſaw the leaſt hazard or adventure run him into inconvenience; and may ſtand, as an example of great advantage and worthy to be followed by all ſick perſons, with all patience, and prudent reſolution.

63. This Gentlemans Wife, towards the end of her Child-birth moneth, taking a great Cold, became very Feveriſh, and in ſhort time extremely weakned; but being followed awhile only with *Radix vitæ*, ſhe recover'd perfectly, and far beyond her own and her friends expectation. This was ſome moneths before her Husbands ſickneſs, and was very much the cauſe of his immoveable ſtedfaſtneſs in his reliance upon my advice, and Medicines.

64. A Gentleman about 24, forc't much abroad in wet and ſlabby weather, taking an extreme Cold, became ſore all over his body, with Vomiting, Gripes, Headach, and Aguiſh gripings in his bones; I was haſtily ſent to, and ſent him four ounces of *Vindex*, to take all (at twice) in half an hours time well warm'd, laſt at night; and next morning, to his wonder, he was as well as ever he was in his life.

Alſo ſome moneths after, upon like occaſion, falling juſt into the ſame Diſtemper, the ſame quantity of the ſame Medicine as ſpeedily and thorowly recovered him.

65. An Elderly Gentleman, far in the Country,

try, subject to infirmities, with Gravel, and pains about the Kidneys, by the continual use of *Vis vitæ*, finds constant relief, with reviving, and much chearfulness.

66. A very young Child, extremely Feverish with a Cough, and brought so low, that it was thought to be an *Hectick*, and that there was small hopes of its life, by the use of *Salus vitæ*, as half a spoonful every hour, the Child at last had a large very black stool, and thereupon perfectly recovered: The Parents had in the whole a Pint, but whether the Child took it all or no, I am not certain; but if it did, it was very safe, and the cost not exceeding 8*s.* was but small to people of Quality.

67. A Gentlewoman about 40, being extremely out of order with pains in her head, and vapours, as quite destroyed her stomach, and made her almost blind, and stupidly sensless, and abundantly the worse for tampering with Physick; but by the sole help of small quantities of *Refugium vitæ*, frequently taken day and night, she speedily and perfectly recovered; and so much to her wonder, that now she will hear of no other Physick for her friends and Family, but these Medicines.

68. A Gentleman so sore with Piles, that he could hardly go, or stand, or sit, by taking every night, for a short time, two ounces of *Vindex naturæ*, perfectly recovered.

69. A

69. A Gentlewoman, far from *London*, troubled continually with sickishness of stomach, and flying sharp pains all over her body, by three pints of *Vis vitæ*, taken by a quarter of a pint every day, between breakfast and dinner, and as much between dinner and supper, perfectly recovered.

70. A Gentleman near 40, troubled with perpetual head-ach, and weakness of the stomack, that he could hardly pass about his occasions, by the use of one quart of *Sanguis*, was soon brought into a healthful condition.

71. A Gentleman between 30 and 40, being under a Surgeons hands for an extreme Inflammation in his arm, a Brother of his observing how much he droopt in his spirits, well knowing the safety and virtue of *Salus*, gave him half a pint, which in short time he took, and found so much relief, both as to his Spirits and Inflammation, that he thought it much expedited his cure, if not saved his life: But this unknown to his Surgeon, who generally are so set in their way, that they will not admit themselves the liberty of so much as supposing any thing can be helpful in their undertakings, but what they are brought up in, and accustomed unto, though its thought they have as much need as the Physitians (who God knows have need too much) to inlarge their quarters, and encrease their contributions, of at least such safe Assistants as these have every way approved themselves. 72. This

72. This Gentleman having a Daughter about 12, sorely afflicted with Feverish Distempers and weakness, by the use of half a pint of *Salus* perfectly recovered.

73. An Elderly Gentlewoman about 60, overburdened with business, and so subject to Heats and Colds, Watchings and Weariness, being taken at length with extreme Vomitings, Gripings, and Looseness, and Lightness of Head; after having used abundance of the best advice and Physick money could get, at least as she thought, and being nevertheless worse and worse, and at last so ill, that she had no hope of her life, being visited by a well known Friend, could hardly be made to know her, so strangely confused were both her sight and understanding. This Friend seeing her in this sad condition, put her in mind of my Medicines, telling her, if she were free from other Physick, 'twas very likely, as bad as she was, she might receive good by them: So she took her counsel, and had in some three days three half pints of *Refugium*, which perfectly recovered her, and immediately gave her liberty to follow her occasions.

74. Also a Gentlewoman after her Lying-in, being taken in so confused a manner, that the most Skilful knew not what to make of it, nothing thriving they gave, or could imagine, a Dear Friend of hers bewailing her condition, where my Medicines were well known, was soon per-

perſwaded to take my advice: So I gave her a pint of *Refugium*, to be taken, as I remember, by nine ſpoonful every three hours, which perfectly recovered her, at the coſt only of eight ſhillings: So that henceforth its to be feared, Market Cry will alter, and thoſe who on all occaſions have cryed them as good, but dear, being put to their ſhifts, muſt change their notes, and cry (what's more due to common Medicines) *They are too cheap to be good*; or alas, what will they do to ſlur them.

75. An Elderly Gentlewoman, troubled extremely with Gripings in her Bowels, ſending for my aſſiſtance, I ſent her half a pint of *Refugium*, to take the one third part well warm'd as ſoon as it was with her, which would be about ten in the forenoon, and another like part at four afternoon, and the remaining part laſt at night, and this through Gods mercy perfectly cured her.

76. A young Girl about 4, ſo extremely troubled with a hooping Cough, as made the bloud fly out at her Noſtrils, through the continual violence thereof; and had alſo ſome Convulſion Fits: The Mother full of ſadneſs telling me with weeping, that juſt that day moneth ſhe had buried a younger of the like Diſtemper, and that ſhe was even out of hope of this, having uſed all means ſhe could get, but all in vain; blaming her ſelf, that ſhe had not

not come sooner to me, as having received much good from my Medicines, both before, and in the sickness. I comforted her all I could, and gave her near four ounces of *Succus* and *Refugium*, mixt 2 parts *Succus* and one *Refugium*, to give the Child two spoonful every hour: Next day she came to me rejoycing, and took as much more, nothing at all doubting her recovery, and through Gods goodness sped accordingly.

77. A Sea Captain, being much encouraged by one who had great experience of my Medicines, took a large quantity for his Voyage, of several sorts, and divers of them of the higher prizes, as 8 s. and 12 s. the pint, which fell out very happily for him, the place where he arrived being a very hot Climate, and at that time extremely afflicted with the Calenture, insomuch that whatsoever good he might do for others, with great joy he ascribeth his own preservation from that threatning and mortal Distemper, under God, to their assistance. And being askt how they kept in so hot a Country, he said, every whit as good as at first; which being a further confirmation of their durable qualities, still proves them as fit for Sea, as for Land; as useful in Forreign Countries as our own; and for persons travelling every way, as for fixed and setled Families.

78. One about 30, who was extremely surfeited by eating, long and exceedingly disturb'd there-

thereby, was perfectly recovered by half a pint of *Sanguis*, half taken about 4 afternoon, and the other half last at night, well warm'd.

79. A Gentlewoman about 22, very long afflicted with pains in her stomack, head, and loss of appetite, by the use of three quarts of *Sanguis vitæ*, taken by nine spoonfuls every forenoon, between breakfast and dinner; and as much every afternoon, between dinner and supper, perfectly recovered.

80. A Merchants Child, under long Feverish Distempers, after very much means of Physick fruitlesly used, perfectly recovered by twice four ounces of *Salus vitæ*, taken by three spoonfuls every three hours.

81. A Child about 3 years old, almost past hope, through a Fever and Surfeit, and bad Physick, past all hope of the Parents, recovered, by twice three ounces of *Salus vitæ*, taking two spoonful every hour till it was spent, White-wine Posset being its constant Drink.

82. A strong busling working man, taking an extreme Cold, and surfeited by drinking Small Beer; his Workmaster that imployed him finding him apt to give ear to slight Medicines, so as it was like to run out into a desperate and long sickness, and having always by him in readiness, for the use of his Family, large quantities of the best of my Medicines, told him plainly, if he would take of them, and no other, he would spare

spare for no cost in his behalf; but if not, he would immediately send him home to his friends. So the man taking plenty of *Stella*, *Vindex*, and *Salus*, in one day and nights time became perfectly well.

83. A young Gentlewoman, being far gone of her first Child, illish and sickish often upon apprehension of very near danger, taking a fright, grew so il, as al her friends doubted an immediate miscarriage; but her Husband always furnished with *Stella*, *&c.* prevailing with her to take two ounces, compleatly setled her.

I hope the Reader will not think much of his pains in casting up the charge of these Cures, for satisfying the charitable repinings of such Artists, as still sighingly bewail the dearness of my Medicines: For indeed this last, out of which how much money they would fetch, let those judge who are used to the costlineſs of their Visits, the length of their time, and largeness of their Bills, this no inconsiderable Cure cost 18 pence, that afore it about 5 s. N. 81. 3 s. N. 80. 4 s. N. 79. 12 s. N. 78. 1 s. proportionable whereunto distempers rightly stated: The rest also will *rato pro rato* appear, and well applied, might prove a fit remedy for such, as in their hearts wish they were dearer, though with their tongues they thus play the Bo-peep Lap-wings: for every one knows what will not lye.

84. A young Merchant, extremely weakned

and

and dejected by the violent griping, tearing pains of Vomiting and Looſneſs, inſomuch that he exceedingly doubted how it would go with him, deſiring my advice. A friend of his alſo being very ill likewiſe, I gave him a full half pint of *Stella*; he drank the far greater part himſelf, and his friend the reſt; but ſuch an alteration did it immediately make in him, that in an inſtant he fell into diſcourſe, with that freedome and chearfulneſs, as if he had quite forgot his ſickneſs, or had not been ſick at all. And ſo alſo was it with his friend; and both perfectly recovered, without any after complaint or inconvenience; and this at 6 s. was thought no hard bargain.

85. A Gentlewoman about 30, grievouſly tormented with Gripes, and Looſneſs, by half a pint of *Salus*, taking half at ten in the forenoon, and the reſt laſt at night, perfectly recovered: and about a week after, taking Cold again, and falling into the ſame diſtemper, by the like quantity again recovered, and continued in health; nor was this thought dear, though both Cures coſt 8 s.

86. A Gentlewoman newly brought to bed, troubled over-much with after-pains and vapours, I ſent her half a pint of *Radix*, and four ounces of *Refugium*, the *Radix* ſhe was to ſip of continually, and three ſpoonfuls of *Refugium*, in caſe of any violent fit, in the uſe whereof ſhe found

found immediate help, passing through her time very healthfully and comfortably; which bears a material testimony, both for their Innocency and Efficacy, when in so tender a case they proved so effectual; the charge of both also not exceeding the sum of 5 s. which was not thought unreasonable.

87. A Child new born oppress with Flegm, by the use of two ounces of *Arcanum*, mixt with one ounce of *Radix*, half a spoonful every hour given, ceased to be farther troubled.

88. An ingenious Gentleman, long time troubled with melancholly, and in hope of recovery, tyred out with Physick, being by his Friend possest of my own, and my Medicines Koal-lity, put both himself and his Purse freely into my Cure: I was the best Husband I could for him, and yet was forced, except I would trifle out my Trust, between the 10th and 25th of *March*, to put him to full three pound cost, but so much to his contentment and recovery, that I never took more joy, then to note his Noble and generous rejoycing in the pleasantness of his Medicines, wondring that things so pleasant could be so efficacious as he found them. This Cure was performed by a quart of *Radix*, and a pint of *Salus*, deliver'd the 10th day of *March*, the *Radix* for the day, and the *Salus* for the night. The 15th day I sent him a mixture of *Stella vitæ*, and *Succus vitæ*, the quantity of

a quart; the 17th a pint of *Salus*; the 25th a mixture of *Spirit of Saffron*, with four ounces of *Arcanum naturæ*, to the quantity of a quart, and eight ounces of *Salus vitæ* for nights; and this last proportion lasted him four daies: So I reckon twenty daies compleated the work, which was thought could not have been less then so many weeks; nor did he limit me to any time, nor did I promise him within any compass, so far have I ever been, and I doubt not ever shall be, from abusing the confidence or trust of any; and am confident this Cure would not have been thought dear, had it cost ten times the value it did.

89. A Gentleman in a very violent Fever, sending to me about one in the afternoon, I sent him a pint of *Radix vitæ*, to take a quarter of it presently, and three hours after as much more, and at Bed-time the like, and to keep the rest as he saw occasion: But he being well acquainted with my Medicines, and knowing my advices ever rather short then over, made more hast, and took it all by seven that evening: He had upon it five or six stools, the Original cause being a Surfeit; but by this he was instantly and fully cured, and on the sudden made hungry, that before could not have eaten any thing: And so was it with him in N. 84.

90. One who by over-much hast bruis'd her Breast, and long *ill* thereof, received very much

much comfort by the use of one pint of *Vindex naturæ.*

91. One in her Lying-in, though well Laid, yet falling into dreadful pains, and thence into a violent Fever, and Lightness of Head, with thirst; and after some remission, by the use of my medicines, a desperate melancholly seizing upon her; yet being continually plyed with *Refugium, Vis, Salus,* and *Radix*, a little after her moneth perfectly recovered: Cost 30 s.

92. Her Nurse, about the time of her recovery, having tyred her self with care and watching, and falling into extreme griping of the Bowels, by one half pint of *Sanguis* taken at twice, perfectly recovered.

93. The Child also during the Mothers illness, being often dangerously distempered, was still reduced to a hopeful state by *Radix, Salus, &c.* and is in a very good condition.

94. A Gentlewoman near 30, extremely afflicted with a second day Ague, and wearied with Physick, was by a Friend who had esteem of my Medicines, recommended to my care; her Husband telling me, if I could cure her in short time, 'twas like she would take what I sent her, else not: I told him, I never set, nor was not us'd to be set any time; so if he thought good to refer her to me, and follow my advice, I made no difficulty, with Gods help, to cure an Ague: He said he had cause to bethink himself afore-

hand, having very lately paid off a Bill of above twenty pound for Physick for himself, and he would be loth his Wife should fall into such handling, she having had too much of it her self already: I told him, 'twas more his business then mine, and he might do as he pleas'd: But the Gentleman that brought him said, he knew me better, then so, as to my clearness in the undertaking, and that she should be rul'd by me; so I fell to work, with *Salus* for every night, and *Vis* for every day; and sometimes *Salus* for the Fit, and other times *Refugium*, and in about eight days cured her, with the cost of 22 s. to their wonder and great contentment; and this without Visit, sight of her, or her water, or any troublesome operation.

95. One between 50 and 60. observing a numness beginning in his fingers, and unaptness about his wrists, upon taking a pint of *Salus*, by two ounces every night, became well setled, and free from that threatning Infirmity.

96. A Child about 4 year old, worn and wasted extremely with a violent Ague, recommended to me by the Gentlewoman last afore-mentioned, cured perfectly, by much the same means and time, to very great satisfaction.

97. A Gentlewoman big with child, taken with most violent Gripings, with Vomiting and Loosness, depending day and night solely upon these Medicines, as *Stella*, *Vindex*, *Salus*, *Radix*, and

and taking plenty of them, in very few days perfectly recovered, without any detriment in her doubtful condition.

98. A Gentlewoman about 40, troubled with tedious pains in her Head, Stomack, Back, and sore all over her body, and wearied out; and as by her discourse, I judg'd, much injured by unwholesome Physick, with a pint of *Refugium*, taken by two ounces every night, perfectly recovered, to her joy and admiration.

99. One near thirty, stopt in his Nostrils, with loss of smelling, a fleshy flap, as he discoverd it, troubling the part; I gave him two ounces of *Ignis vitæ*, and ordered him frequently to hold about 3 drops in his mouth a good while before he swallowed it; and to wet a little Wool with *Ignis*, and put it up to the place affected, and keep it till the heat was much spent, and then to renew it. He did thus from the 11th of *May*, till the 7th of *June* 1669. when his stoppage was cleared, his smelling restored, and the looseud Filme fixed in due order; he took as much more, in hope by the use of it to strengthen his sight, which began to be very weak, the cost was 4. *s*.

We had much discourse how I should be successful in a Distemper so unusual; And I told him I was often troubled with Questions, whether I had ever seen or cured this or that Distemper, to very little purpose, though those that put

it, think themselves very wise and wary in it, and build much upon it: There being a time when the greatest Practiser had not cured any one Distemper, so that it was not so much what he had seen or cured, but how well he was furnished with knowledge, and Medicines for all occasions, which thosewho were troubled with distempers, were principal to consider, because those of upright consciences will never undertake any thing but what they judg they are wholly provided for.

100. A Gentleman about 40, long time troubled with a second day Ague, and Extreamly weakned thereby, with loss of Appetite, and restlesness upon his well dayes; Desiring my help, with the cost of 30. s. in the Medicines forementioned, in about 10 days time perfectly recovered, to his great contentment, having much business depending on him.

101. A Child, his friends hopeless of life, so violently was it troubled with Vomiting, Loosenes, and Gripings; by the use of small quantities of *Vindex*, as a spoonful once in two hours, and of *Radix* other whiles a spoonful in few days was throughly recovered.

102. A Child Extreamly molested with Gripes, Loosnes, Cough, and spice of Convulsion fits; with two Ounces of *Salus*, and 2 ounces of *Refugium* mixt with *Succus vitæ*, was presently recovered.

103. A Mother and her Daughter by stoppages,

ges, and Vapours; exceedingly pained in their Head, Back, and Stomack, with violent Gripings in their Bowels, recovered by half a pint of *Vis vitæ*.

104. A Child of six years old, taken with pains all over the body, with tremblings in her hands, loss of Appetite, and violently burning, which proved very Difficult, yet in four dayes time with the cost of 10 s. perfectly recovered.

105. One near 50, taken with a twisting pain upon his Loins that he could hardly go, and not without great painfulness; taking at one draught a quarter of a pint of *Stella vitæ* well heated, immediately was restored to his strength and walking, he took as much more home with him for night, which confirm'd the work.

106. A Gentlewoman near 40, taken with a violent pain in her shoulder, all along her Arm, and most part of both made raw by Plaisters, her hand very much swoln, stiff, and pained: I I gave her whil'st she was with me 6 ounces of *Vis vitæ*, she took it slowly and by degrees; And for that night 3 ounces of *Vindex naturæ*, which remitted much of the pain and smelling; Next night 3 ounces more of the same Discharged the whole Distemper, and perfected the Cure.

107. One upon a most Dreadful Surfet under pains, Fever, and restlessness, by twice 4 ounces of *Refugium* perfectly recovered.

108. A young man earnestly desired me to give his friend something to comfort him in an Extream Illness, reckoning up so many sad Effects he lay under, as more could hardly have been, had he been taken with the Pestilence, withal telling me they had sent for a Doctor; I told him I must then be excused for sending any thing thither, and so I Dismiss'd him: Some dayes after he comes to me again, telling me he had been bled, and Purges given him, but without stools, or any amendment, Vomited all he took, was extream thirsty and restless. And that he earnestly desired to have of my Medicines, being resolved to take nothing else, 'twas a Family understood them very well, so I sent four ounces of *Vindex* half for bedtime, and the rest with in the night; next Day he had stools, and in all respects much amended; next night he took as much more, which quit him of all his Distempers, and next night 4 ounces of *Radix vitæ*, perfected his Cure.

109. A young Gentlewoman very little recovered out of a violent looseness, occasioned by a Surfet, somewhat unexpectedly was very well brought to bed of a very hopeful Child, but within 3 days time became so Disturbed in her head, and all over her body, that Pestilential madness could hardly Exceed it, yet at worst had so much remembrance of the good she had often received by these Medicines, that as she took

took freely of them, so would she hear of nothing else, and though some about her, and some visitants shook their heads, when they saw her continue long under her Extremities, giving out Cautions and words of Discouragements, at the use of so great a quantity of hot things as they would call them, fearing she would fall under rhem: Yet through Gods goodness they proved her preservation, when in all probability any other way had been her ruine.

110. And her Child soon changing, and into a green and ill coulored Looseness, and through neglect of giving *Salus* and *Radix*, according to the Fathers order, as deeming it over hot, and altogether improper for the Child, and so gave according to other Directions, such insignificant things as Children frequently suffer by, and so long, till this Child became so weak as not to stir a foot or finger, or open its Eyes for a Day together, to the Parents and my Extream torment, to see such pernicious wilfulness in ignorance, nor had the Child possibly escpaed, but that it pleased God, when all hope was almost past, a Gentleman and his wife coming in kindness to visit the Gentlewoman, both of them having had Extraordinary Experience of the safety and Effectualness of the Medicines in manifold dangerous cases: I took the opportunity to desire them to acquaint her (who had sole charge of the Child) with what they knew, touching the

the fitness and innocency of *Salus* and *Radix* in this case, which they did so throughly, that my perswasions, which till then were fruitless, prevailed so far, That throughout that night there was given to the Child every two hours a spoonful of *Salus*, which by the morning had brought the Child into so hopeful a condition, that afterwards my Directions were exactly and without scruple followed, under which it so thrived, that in short time proved a perfect and joyful recovery both of the mother and her little daughter.

Many more instances of their performances I might here recite, were not these more then sufficient to satisfie the ingenious, that their virtues are still fresh, permanent, and prevalent; not of a dying or a declining nature, (as divers boasted Medicines have proved) but of so constant, lively, and efficacious performance, as gives just encouragement to believe they can never fail any rational expectation in any disease whatsoever.

And as it is from this undoubted assurance of their innocency and efficacy that I have thus frequently presſed their use, the very same reason still urgeth me thus far further to affirm, that in this important cause of health, or for the disconsolate times of sickness: It is not possible (in my apprehen-

henſion) for any to do themſelves or their Relations a greater good, Than to be conſtantly furniſhed with ſuch of them, as in their rational obſervation of their vertues, They ſhall judg moſt requiſite for their occaſions: Yea even Practiſers of Phyſick, how hardly ſoever they may br ng their minds to it, ought in ſpecial manner throughly to conſider their powerful benignity, and in tender reſpects to the weighty truſt repoſed in them, freely and fully to direct their uſe (thereby avoiding all the troubles and dangers of other Phyſick) untill from their own Studies they are provided of Medicines of like benignity: Which yet they are to know, will never be compaſſ'd whil'ſt they give eſteem to ſo many inſignificant Notions, and Conceptions, referring to Principles, Methods and Medicines, ſet ſo high a value upon Antimony, Quickſilver, and Opium, are ſo little acquainted with the true humane temperature, and ſo regardleſs of the improvement of their pallats to the diſcerning the proprieties & Spirits of Materials, without ſerious regard, and conformation whereunto the Artiſt ſails but by a bought or borrowed and imaginary wind without Needle or Compaſs, and never arrive at any worthy production.

Beſides, where Nature gives not promptitude, and as (one inſtances well) a Teeming Conſtitution though Art and Learning may abound, pertinent invention *will be to ſeek, and new Diſcoveries fail, as the compleateſt Laboratories do frequently manifeſt: The* native genius, *being the Artſmans Al-*

kaheſt, and of more worth than that ſo much talk't of rarity was ever yet to any, for any commanding medicine as yet appeareth (except in boaſt) from its aſſiſtance. Or rather like unto the Archeus to one that had the Alchaheſt, informing his pallat how to diſtinguiſh of every part laid open to view, and whereof rightly to chooſe, and regularly to diſpoſe, for the advance of cure.

The want of which native Energie, hath in ſtudens been the occaſion that Chymiſtry hath lately abounded to its own diſparagement, yielding nothing comparable to the noble countenance given unto it: For who now will not be a Chymiſt, whether Nature hath fitted him thereunto or not: So the famous Orator would needs make his ſon an Orator, but long labour in vain, Taught him his native temperature was not for it: And, if after his Father was gone, he ſhould at any time need an Orator: He was to make uſe of anothers Fancy brain and Eloquence, and which he might do without diſparagement, for no man makes himſelf. He that wants an Excellent Muſitian ſeeks for one Naturally ſo adicted: And if the moſt Exquiſite Mathematitian thinks no diſparagement to make uſe of Inſtruments made by another hand, and invented by another head, why ſhould a Phyſitian deem himſelf diſhonour'd to make uſe of the long approved, ſafe Productions of another mans Invention, eſpecially conſidering, that no Science (ſo material unto man) depends ſo wholly upon native promptitude as this of Medicine: There being no

Rule

Rule unto Conception, nor Instruction to direct the Pallats Election: Upon which the whole of all Improvements necessarily dependeth.

When all men are alike, every one will produce a like, but till then, one will still need anothers aid.

He that in this Warfare will use no weapons, but such as he knows how to make himself, would hardso venture upon a Combate were his own life concern'd: But I shall leave this to the sole perswasion of time, though I daily see manifest inconveniencies, for want of their general reception into practise. And so I return to my advice for Families.

Whom yet I Iwould willingly, and fully possess of this important Truth, before I put a period to this Discourse: viz. *That how ever it be taken (and justly) for a great happiness to be recovered immediately by safe means upon a suddain illness: And reckoned (upon good grounds) like life, from the death, to be raised to health and strength, from a tedious and dangerous fit of sickness, by safe and kindly Medicines, free from all hazards and disturbance (unto both which most remarkable ends in Physick, the Medicines afore proposed are effectually* adapted) *yet is there no benefit or advantage so desirable, or in it self so truly valuable, as where by a timely providence and foresight, you make use of them to keep you in constant health and chearfulness, whereunto I verily believe there is not any thing so proper, or so effectually prevalent, being used according as afore is specified: nor any thing that doth more highly*

highly commend their qualifications, it being no common strain of Vertue, for the same particulars to be so powerful as to subdue the most violent Distempers, and yet so familiar as to be a most pleasant strengthner, and fortifier against all the ordinary assaults of time and accidents. And (which compleats the wonder of their vertue) as small quantity in sickness doth as effectually, and as speedily relieve one constantly using them in times of health, as it doth those who never before knew or took them: At so true an amity are they with humane nature, and so matertally do they differ from all other Physical Preparations.

And as I have deemed these very worthy your serious notice, so also that you heedfully observe the vast difference between those who recover out of any considerable sickness, having run the usual Tract of Physick, and those who are raised from the beds of sickness by these kindly Medicines: How pale, weak, and crazy the one, long languish, liable to relapses upon every small occasion, if not to worse Distempers arising from the unhappy remains of unwholsome Physick: Whil'st the other are no sooner discharged from their main Distemper, but in a manner, immediately their Strength, Stomack, Courage, and countenance, return at once without fear of any after inconveniencies; And may well appear a circomstance of no mean consideration to manifest the difference of the means and Medicines.

And having thus far disburthened my reason of so

so many important thoughts which I judged worthy the knowledge in this weighty cause of Physick, upon which mans happiness so much dependeth, wherein my principal aims have been, to make the differences of the usual Physick: And that which I here propose so apparent, that every capacity may be enabled to make their choice accordingly.

For perfecting this work, having been somewhat large in shewing the stilness, quietness, safeness and untroublesome way of cure by my really benigne Medicines, very much resembling the operations and effects, not of Terrestrial, but of Celestial Influences, for a more evident witness of their difference, and to put this main point past all dispute.

I shall here present the whole Entire Process (of no mean Physitian, but) of a most learnred Doctor Engaged in the undertaking of a Cure, *and by himself published in Print, as what he deemed most laudable, though the success was doubtful.*

And wherein is chiefly to be minded, what afore I have expressed. Touching the trouble, hazard, danger, and ill Events of Purging, Vomiting, Bleeding, Glisters, Blisters, &c. And the happiness of that way by which all those are safely and securely avoided. His own Relation verbatim, *being as followeth.*

Riverius

RIVERIUS Observations, page 36, 37, &c.

The Distempers Denominated; Tisick, Inflammation *of the* Lungs, *and Palpitation of the* Heart.

ON the 8th of *April* 1632. The Widow of Monsi. *Sejelory* of *Mon'Pelier*, Starting out of her bed at midnight thinly clad to the window, was presently taken with great shortness of breath, like a Fit of the Tisick, with a Cough, spitting of blood, a Feaver, and readness of Face; I being sent for, caus'd a vein to be open'd in her right arm, and 8 ounces of blood being taken away, her shortness of breath presently ceased. Afterwards a Laxative Glister was injected, and a Julep given her of Red Poppy water, Sirrup of Violets, *Sal prunella*, and *Confectio de Hyacintho*.

On the ninth day at ten in the forenoon, I visit her again, and find her in a Fever, troubled with a Cough, and spitting of bloody matter; also she felt a heavy weight in the middle of her breast with an inward burning, and pricking in many parts of her Chest. I cause her to be let blood in her left arm, and that the Glister, and Julep should be repeated, to anoint her breast with Oyl of Violets, and that she lick frequently some Sirrops of Violets; after the blood-letting she was presently eased, & that sense of weight and burning in her Chest were abated. At five in the Evening the same day, conceiving that vapours arose from beneath, and humours into her Chest, which that shortness of breath did sufficiently declare; I cause her to be let blood

blood in the Saphena Vein, after which she was also better; The night following she took the foresaid Julep again, she slept but little.

On the tenth day in the morning she was better, her Fever and other Symptoms were very remiss. About the third hour of the Evening she had a coldness in her extream parts, with a light sweat in her Feet, and palms of her hands, after that an acute Fever, her pulse very much expressed, and the sense of heavines in her chest very much augmented. Dr. *Ranchinus* the Chancellor was called to Consultation, who conceived, that it was a *Pluerisie*, arising from inflammation of the *Mediastinum*, and by common consent she was *Let blood in her right Arm to seven ounces*, after which also she was better. The other Medicines were continued, also *Frictions*, *Ligatures*, and Cupping-glasses were applyed to her lower parts.

On the eleventh day, which was the third of her sickness, moved with what I had observed in another Disease of the same patient, in which she was afflicted by turns, with a Flux of her Belly joyned with a *Tenesmus*, and a *Catarrh* falling upon her breast, So that as often as her loosness stopt, she was grievously afflicted with her Catarrh, and when her Flux recovered, her Catarrh presently ceased; The humour falling into her breast, being drawn downwards, I conceived that a Purge would do her most good, which I made after this manner.

Take leaves of *Bugloss* and *Lettice* of each one handful, Tamarinds half an ounce, Liquorice three drams, Violet flowers, one Pugil, boyl all to four ounces, in the strained Liquor dissolve one dram of Rubarb, infused in Bugloss water with yellow Sanders, Manna, and

firrup of Roses of each one ounce, make all into a potion, which she took in the morning, and voided much Flegmatick, Wheyish, sharp, and stinking matter, nevertheless the Disease was more violent towards the Evening than formerly, yet her Pulse was not oppressed as before, and the weight in her breast was less; But she felt a pain about her right Chanel bone, which encreased by handling the same, she slept little that night, she took *Emulsions* frequently.

The fourth day of her Disease, and the twelfth of the moneth, when as in the morning her Fever and the pain in her Chanel bone continued. Dr. *Ranchinus* was again called to Consult, and besides the foresaid Symptoms, a great palpitation of the heart, which appeared also in her right Hypocondrium, also in her right side; but it lasted not long there. But about her heart it cont nued, and did beat like a Hammer violently, she was again *Let blood in her right Arm.* And an Oyntment was appointed for the part pained, and Remedies to revel the humours to the lower parts: About Evening the Disease was again exasperated, and the Palpitation continued, some hours after she did sweat a little all her body over, by which she was a little eased; But her Palpitation and Fever continued as before, when we began to suspect that Vapours did arise from her Womb, we prescribed her a Glister for the Mother, *Frictions*, *Ligatures*, and Cupping-glasses to be applyed to her lower parts, Emplastrum Hystericum was applyed to her Navel; and a Julep was given her, to assist her sweating, of Scabious and Carduus water with Bezoar stone, and half an ounce of Orange flower water in regard of her womb. In the night she had three large

arge stools of stinking corrupt matter: after midnight she slept quietly till morning.

On the fifth day of the Disease, I found her in the morning with a small Fever, without any oppression in her breast, or any pain, and with very little Palpitation of heart, about Evening she did sweat a little, and was better afterwards. After she had voided her Glister, her palpition was augmented, her Fever became more intense, and she was pretty well in the Night.

On the sixth day, all things were as before, in the Evening Cupping-glasses were applyed with scarification which did her good.

On the seventh day her Courses began to flow plentifully, by which means all Symptoms were verymuch abated.

On the eighth day she was better.

On the ninth day she had a light looseness joyned with a Tenesmus, by which she voided few Flegmatick excrements, and before that looseness, she vomited much bitter stuff, the Humours were prepared with temperate aperitives.

On the tenth day, which was the eighteenth day of the Moneth her looseness was less, at night it stopt quite, she had no Fever, and after that she plainly amended.

On the 29. of the said Moneth of *April*, when she felt

her helf exceeding well, and was busy about her houshold occasions, as she was sitting in a Chair, she fell suddenly to the ground and died.

Her body being opened, her *Mediastinum* was found full of wheyish blood, which peradventure, the *Membrane* being broken towards the upper part of the Lungs, and pressing the same, and the *Aspera Arteria*, might suddenly choak her, moreover the whole substance of the Lungs was found full of purulent matter, exceeding heavy: Also her left Testicle was as big as a small Egg, of a blackish colour, and as it were Gangrenated, yea and as soon as it was open'd, there leapt out of the middle of her Testicle, a certain matter like a Nut-kernel, and very like a putrified clotter of blood; we conjectured that to have been the cause of her Mother-fits, to which she was very much subject, yea peradventure the Palpitation of her heart arose from thence, *viz.* From the filthy vapours ascending from that part.

Here you have a very smooth Story, yet of so unquiet, rugged, perplexed, and disconsolate a handling of a sick and Diseased body, that to one accustomed solely to mild and gentle ways in Physick, as nothing seems more cross to reason, so truly hardly any thing more grievous, or more justly to be lamented, for although the Relation of five times bleeding of one in her sad

Con-

Condition, and divers times Glisters, Ligatures, Cuppings, and Scarrifications, and purgings be here very plausibly delivered, as if the Fears, Troubles and Disturbances, these Attending were not at all felt, or thought on by the Patient, yet whoever sensibly considers the many tossings, and turmoilings this sick and tender person was exercised withal, during her ten Dayes sickness, can hardly avoid believing, but that it was even without any other Distemper, sufficient to have brought any weak person to their end, or far towards it, nor can I but firmly apprehend, That if any Patient taken as is here expresst, should for such a time be Discreetly plyed with *Refugium*, *Vindex*, *Salus*, *Vita naturæ*, *Clavis* or *Radix*, being all strengthners of Nature, and of Power to subdue the venomous causes of Distempers, I say so plyed, I can hardly see it possible, but that recovery must necessarily follow.

And therefore, truly the course taken, was, and is still to be bewailed, and much the Rather because in this ye are to reckon, that (*ex ungue Leonem*) you have a full prospect of the generally approved Practice of Physick, The Essence, Quintessence, & master-piece, not of a learner, but of a Teacher, and most Reverent Author and Doctor in the Science, such as who ever

follows, may Authentically subscribe *Secundum Artem* to all their Prescriptions and Proceedings, for which they are both prais'd, and liberally pai'd too; And wherewithal their patients (speed how they will) must be contented.

And yet, who so blind, as with half an eye doth not see what extream uncertainty this Learned person was at, throughout his whole Engagement in this Distemper; how slenderly discerning of the Cause how weakly judging of the alterations, how insensible of the Patients molestations by Glisters, Blisters, &c. how regardless of her loss of blood and Spirit, which though very fruitless, yet often repeated, of how little use his Learning, and former reading seemed herein, how insignificant all his former opening and Anatomising of Bodies appeared here, where he was afresh fain to open his Patient to learn what her Disease was; And being open'd, how meanly he Guesses, taking notice meerly of *apparent*, defects of Parts, (which are but *Effects*) without any consideration of the cause thereof, which indeed *is the Disease, and indiscernable but by the Intellectual eye of the understanding*? Also how poorly he was furnished with Medicines, of so mean, casual, and hazardous qualifications, as not in the least strengthened but weak-

weakned nature, through which she fell. So that the whole considered, to any rational conscience I think there will appear a cause, for all I have said or done, In this weighty affair of Physick and Medicines; and cannot but judg that the World had been infinitely more happy, had it with the resignation of *Judaism* and *Gentilism* for Christianity, at the same time, both questioned, reformed, and exchanged, their groundless, hazardous, and rugged Physick, for what had been more pure, peaceable, and more suitable to that sublime and healing Doctrine.

But it doth not appear to have then been thought of, nor ever since to any considerable purpose, for though Chymistry hath struck in with large and full pretences, and fill'd our heads with new Bookish Tearms, and Notions, yet have they afforded us scarce any thing but vapouring Fancies, Mysteries, and Riddles, the proper issue of Vain-glorious and Superstitious Reformers, who though very bad Leaders, themselves, being led by Quicksilver and Antimony, have had the fortune yet, to be both admired and followed by every Student in this useful Art; But with so little Fruit, not one Master Medicine yet appearing, that it would amaze ones Reason even to astonishment; But that

that vain windy hopes, and ostentous shews or shadows, have ever been of more esteem then substances, and useful realities, but if hence forward it should be better, I to this piece will deem my self a debtor.

And so in time I doubt not will others also acknowledge, for however some may still shamefully persist even against the testimony of so many instances, one while to fright people from their use upon pretense of their heat, and otherwhiles to accuse them of impotency by reason of their mildness, yet have I not found all Doctors so partially inclined. There being one, and he neither young nor mean, who having tasted all with very much attention and satisfaction openly affirmed, that in producing that Catalogue of Medicines, so qualified, as the particulars imported, and the instances manifested, I had done a more real service to Physick, then either *Hippocrates Galen*, *Paracelsus*, *Vanhelmont*, or any other he had ever Read or Heard of. And that could He Produce them in that perfection *I* did, he would not stay many dayes in *England*. *I* told him his meaning, and the place he aimed at, and he confessed *I* guessed right; but I thnoght the place that bred them best deserved them, though but for their sakes

who

who esteem them equal to this high Encomium, how *Ironically* soever given.

And to double this single Wonder, one also there is who for years hath laid the main weight of his Practise upon their Assistance, to his full satisfaction in all sorts of Distempers, and *I* believe would hardly be drawn to practice without them, yet never askt what one Particular was in any of them; his tast and assurance of me at first being his warrant, but now useth them with the same confidence and familiarity as *I* do, or as if they were his own preparations, suspitions, being poor and abject, in casee of so great a trust.

Another Grave and Learned person of high Degree in Art, tasting and wondering at their so unexpected qualifications, to his extream contentment, did not, as others, vainly dignifie himself by spurting out Latine or Greek Sentences, Enquire whether *I* had travailed, or at what University *I* had studied. As if right Reason were not alike in every Language, and in every place on this side, or beyond the Seas, being indeed, more or less, as it is Diligently, Circumspectly, Pertinently, and Honestly exercised. But that grave Gentleman askt such a Question, not

of

of me neither, (so truly civil was he) but of a By-stander, which when I was told, pleas'd me abundantly, to find one prudent Question amongst so many others, frequently obtruded upon me, very much shewing the vast difference of the inward furniture of men, and ministring matter to me of very grateful contemplation.

Some other such like Congratulatory Testimonies I might further alledg, did I lay much weight upon them, but in this Case it being with Medicines as with men, if their *performances* commend them well and good, and for *those* the instances are throughly to be considered, if these speak in their commendations, all other praises, though thank-worthy, are but supernumerary.

However upon the whole, here is *Ars longa abbreviata*, a Physick tendered to general use, and fair Example that needs feel no Pulses, regards not Urines, Critical Dayes, Climacterical years, state of the Moon, or position of the Stars, sight of the Patient, visits, Diagnosticks, nor Prognosticks; That troubles not the head about Circulation, Chilification, or Sanguification, That values not Anatomy, as the to dis-

cove-

covery of Diseases, nor the four, nor the three, nor the five Principles, nor the Doctrine of Fermentation, nor the fine spun Thred of Atoms, as any whit advantagious to Cure. That is not beholden to any Book or Books of Philosophy, or Physick for its production, otherwise then to Discern the weaknesses of what had been so highly, but causelessly admired: That stands not obliged to any Chymical or Laboratory Instructers, nor esteems of their numerous tearms of Art, but as wit seldom fruitful in Excellencies, without which Chymistry like Honor without Vertue, is but a mere Name to bragge withal, as most make on't.

A Physick yet, which is the first hath dared to be brought within compass, and to be liable to be tryed whether true or false, fit, or unfit for the Sublime Nature of man, by certain and undeceivable marks, few & easie to be understood, Whose Principle is from above, in Qualification suited to the true humane Constitution, and powerfully Efficacious for Extirpation, and Extinguishing the venomous Causes of Diseases, that is not at any time either unsafe or unseasonable, and keeps good for years in all Climates.

And yet a Physick, as the Discourse plentifully

fully sheweth, that without any trouble or danger to the sick, may more rationally then any other, be confidently relied on for Cure, in all Cases and Extremities.

Why then, A Physick bringing so many large Exemptions to the Sick: And that acquits Physitians from so many encumbrances and perplexities, both in their studies and practise, should not with all chearfulness, and freeness be suitably entertained, Conscience in time will judge: with which being much satisfied, I shall here put a period to all farther Expostulation or Expectation: Referring the issue of all my Endeavours, To that Wisdom which governs the World; and which ought to bear Rule, above all partial interests, in all the Thoughts, Words, Actions, and Conscience of all Mankind, whether Rational, Learned, or Unlearned, Single, or in Societies: And whereunto most humbly, and most freely, I shall ever wholly submit.

W. W.

At the Star *in the* Porstern *by little* More-fields.

FINIS.

Exam.

Licens'd *June* 10th 1669.

Roger L' Estange.